







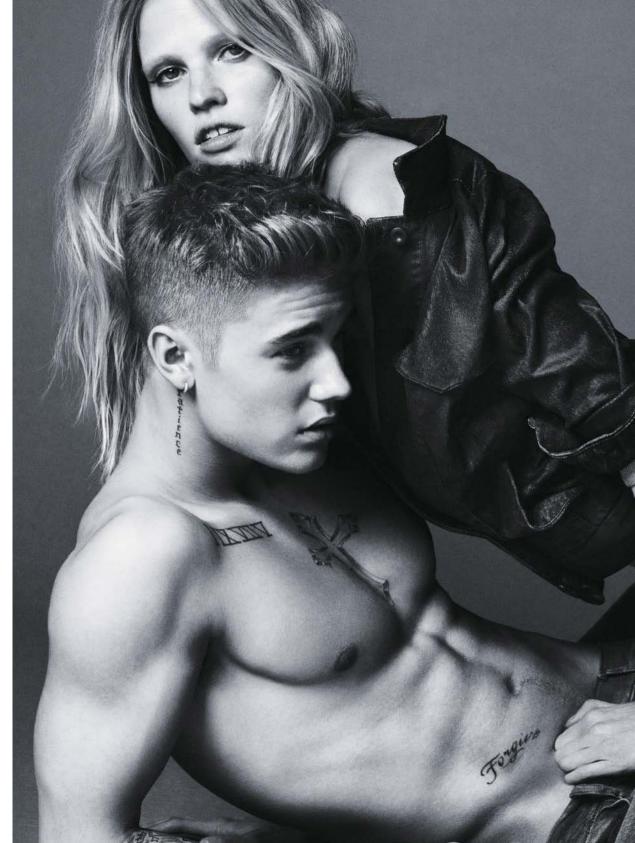
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April 2015



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Shailene. So cool.

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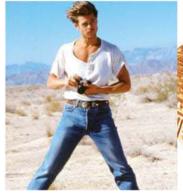
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GLAVOUR April 2015
glamour.com



Look, no porn! 96 Let's go back to basics



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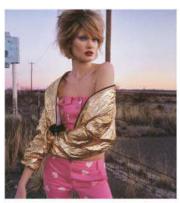
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Miss Dior





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WIN the cover look

ON THE COVER

Photograph by Simon Emmett Fashion Director Natalie Hartley Hair Christian Wood at The Wall Group Make-up Rachel Goodwin at The Magnet Agency Manicure Millie Machado at Tracey Mattingly Top and jeans both louisvuitton.co.uk





Make-up Get Shailene's gorgeous look, courtesy of Aveda. One reader will win: Nourish-Mint Sheer Mineral Lip Color in Sheer Peony; Inner Light Mineral Dual Foundation in Linen; Mosscara in Black Forest; Petal Essence Eye Color Trio in Gobi Sands; Uruku Bronzer; Petal Essence Face Accent in Rose Blossom



Hair One reader will win these Aveda products: Pure Abundance Style Prep: Pure Abundance Shampoo and Conditioner: Smooth Infusion Naturally Straight: Damage Remedy Daily Hair Repair; Dry Remedy Daily Moisturizing Oil

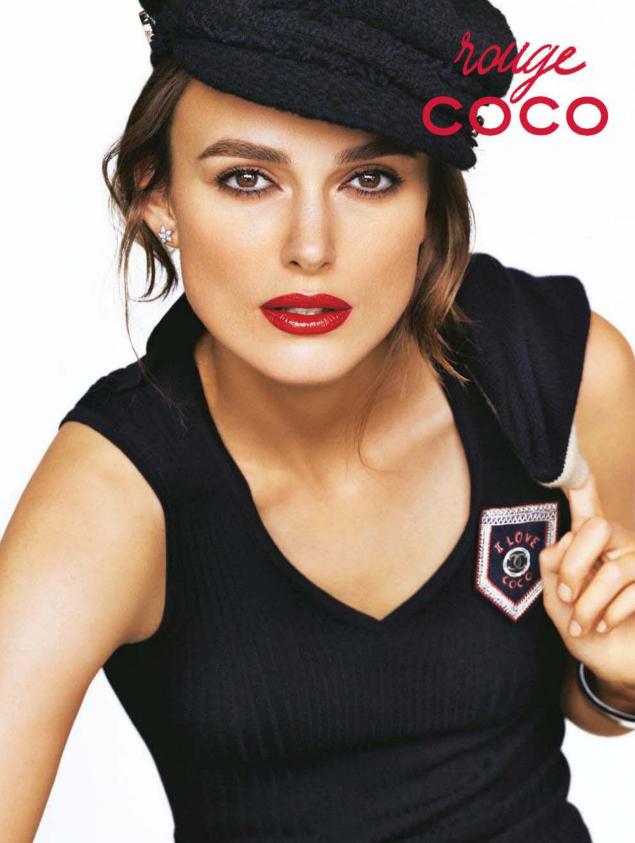
How to enter For your chance to win, simply answer this question: In which film does Shailene Woodley play George Clooney's daughter? Text GLAMOUR followed by your answer, name and email address to 88080[†]. Winner(s) will be selected at random after the closing date of April 5, 2015 and will be notified within 28 days of the closing date. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd, participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above. For full terms and conditions, see glamourmagazine.co.uk/termsandconditions

†Texts will be charged at £1 plus your usual rate. Customer Services operated by GFM on 0800 13 83 246



THE NEW LIPSTICK









K, I'm not one of the HR directors confessing all about the crazy work situations they deal with on page 141. But that story did make me think about what it is that makes me want to hire someone. So here it is, your virtual job interview with me. I ask a ton of questions in an interview, but most of them are geared to building a picture of you based on the big questions below. So, polish your shoes and don't be late. Here goes:

Do you love magazines?

I like to hear the passion for magazines in an interviewee's voice. You can't fake that and if I can spot it, it's a huge tick for me when I think about hiring.

Do you 'get' Glamour?

It's important that you can talk to me about your understanding of Glamour – who is the kind of woman who reads it, what makes

a story one that is right for Glamour and not other women's magazines, and why. If you can't express articulate opinions on this, you probably haven't spent much time studying the magazine or our competitors.

Do you love Glamour?

The team works well because everyone here genuinely loves producing Glamour and feels proud of it. If you're here because you need a job, rather than feeling strongly that Glamour is a great magazine, I will work this out. And I won't give you the job, because you'll hate it. It's often long hours, and working relentlessly to get this exclusive story, that hot cover star etc. You can't give it your all if your heart's not in it and I'll drive you mad because you'll think I'm being annoyingly fussy over details for no reason. I really need people around me who care about it as much as I do.

Can you do something I can't?

I am never afraid to hire people who I think are better skilled than me. My job is all about directing and guiding. I know a good picture from a bad one, but I'm not the right person to actually create that picture. I need to trust



••I need people around me who care as much as I do ••

my many wingmen and women to bring their unique skills to the mix. I think surrounding myself with incredibly talented people can only make me look good!

Are you different enough?

I'm always thinking of the balance of the team. Sometimes a person won't get the job because, although they are undoubtedly great, their strengths are already covered by others on the team. I'm always looking for the mix; the people who have the big crazy ideas need to be balanced by people who are happy to toil away on the minor details to make them happen.

Are you nice?

Cannot be over-stated. Personally, I would take the third or fourth most talented person for a job over the 'genius' who's clearly rude or unpleasant. We have nearly 50 people in this office, spending most of our waking time together. Let's get along, shall we?

And when you are so NOT hired

I'm amazed at the regularity with which certain red flags come up in interviews.

1 If you tell me that you read Glamour for the first time on the way to the interview and, in your most surprised/shocked tone: "It's actually really good!" Um, thanks. Seriously, more than one person has cheerfully told me they've turned up for an interview without really looking at the magazine. Next.

2 Telling me that you want the job because where you are at the moment is just such hard work. You think it'll be easy here and that's the attraction? Yeah, you're in for a shock.

3 Asking me how soon you could stop doing the job in question and get a better/more senior one. Ambition is important, sure, but I kind of want people to be really excited about the job on offer, not see it as the annoying thing to get through.

Enjoy the issue,

Jo Elvin, Editor

contact me at: editor@glamourmagazine.co.uk



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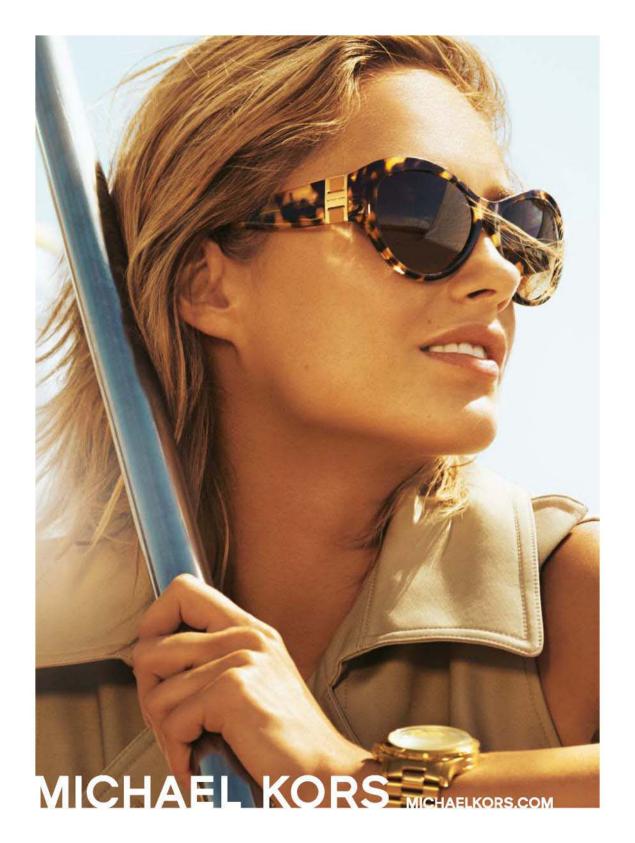
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GLAMOUR

Mailbag

Showing sexism the red card

In February's issue, GLAMOUR launched our 2015 'Say No To Sexism In Sport' campaign – and so many of you were inspired to get involved



compiled by Amy Warren. GLAMOUR reserves the right to edit letters, weets and unsolicited material. Unfortunately, GLAMOUR is unable

Compiled by Amy Warren.

🜟 Star Letter

I was chuffed to read about your campaign to Sav No To Sexism In Sport. My nine-yearold daughter has recently joined her school football team as the only girl. She asked me if I played football, when I was at school. When I replied that girls weren't allowed to play football, as it was considered a 'boys' sport' then, both my daughters said, "That's just silly." We've still got a long way to go, but I was encouraged that at least some things have changed over the past 20 years.



Emma, by email This month's star letter wins Lomography's Fisheye No2 Gold camera, worth £89. lomography.com

Going the distance

I was relieved to read 5 Things I've Learned (The Hard Wav) From Mv Long-Distance Relationship. My partner is in the military and this article discussed many of the feelings I find difficult to talk about with friends. When your other half returns, the transition back to being a normal couple is a difficult one, despite the huge relief that they are home safe and sound. However, it does teach you to notice all the small things that make that time apart more bearable. Thank

YOU

TWEETED IT

@MissAlexScott: @GlamourMagUK struggling not to actually LOL on my packed train commute at the for a dark cold Jan morning

@ElaineBucko: Good to see @GlamourMagUK embrace a campaign to tackle sexism in sport for 2015: #GlamourSport

@AimeeNealStone: falling back in love with your work this morning, thanks @GlamourMagUK

you for opening up topics for discussion that we're often too scared to broach ourselves.

Amy, by email

Making a difference

"Why I Risk My Life To Fight Ebola" was both heartbreaking and heartwarming. Rarely does a piece make you want to cry with sadness and with joy. Yes, Ebola is a cruel disease, but what got me most was the care and sacrifice that Natalie and the many other healthcare workers out there provide. They are an inspiration.

Sophie, by email

A wake-up call

You had me in tears after I read "Learning To Live Without My Best Friend" by Katherine Jenkins. My sister was diagnosed with the same life-threatening form of cervical cancer and, like Polly, wasn't eligible for the smear test as she was too young. Luckily, after treatment, she survived the cancer. This story highlights the need for women to have a smear test when called for one – a quick doctor's appointment really could save your life.

Samantha, by email

Love at first swipe? No thanks

I'm glad I read Dear Tinder, We're Over You. After spending months moping over my ex, so many friends had suggested using apps as a way of mending my broken heart. But I couldn't agree more with this article - meeting somebody for the first time face-to-face makes my toes tingle. More exciting, personal and traditional.

Abbie, by email

Write in! We want to hear about you - about GLAMOUR, your life, anything. Email us at letters@ glamourmagazine.co.uk or write to GLAMOUR Mailbag, 13 Hanover Square, London, W1S 1HN

Due to the volume of work-placement applicants we receive, unfortunately we are only able to acknowledge successful candidates, who must be over 18 years old



This month's winner is Rachel McCombie, pictured with GLAMOUR flying the skies above the Cotswolds. Rachel wins a Pure Evoke D4 Mio Digital Radio, worth £179.99; pure.com. This digital radio is available in seven two-tone colour schemes with Bluetooth

and wireless iPod capability. For your chance to win, send us a photo of you with the latest issue of GLAMOUR in a glamorous location (with your name, address and location). Good luck!



{ GLAMOUR.com }





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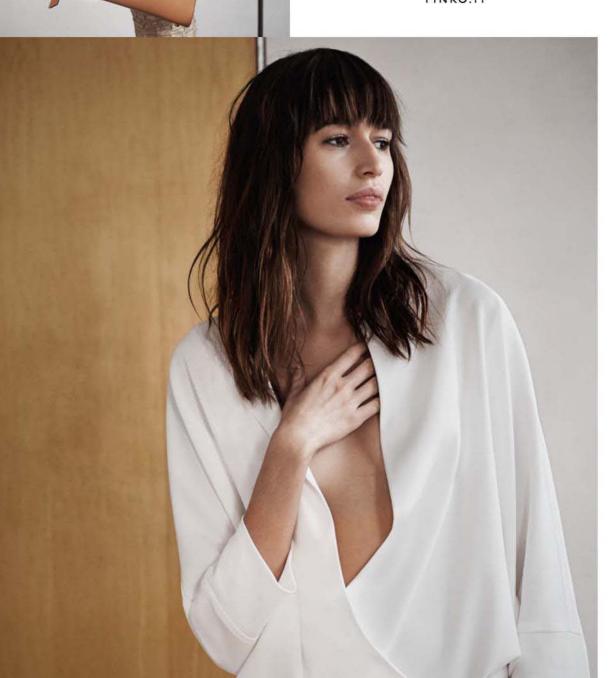




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WEEKEND

MaxMara





THE A-LINE MINI SKIRT IS THE NEW SEASON SHAPE



SHEDE IS THE FABRIC FOR SPRING

new 70s

Saint Laurent's S/S15 show was a masterclass in reworking the decade. With our favourite look as his inspiration, we enlisted fashion illustrator Dom&Ink to break it down

Map My Style by Dom&Ink is out now



WITH OPAQUE TIGHTS





MOVES LIKE JAGGERS

We hang out with the seriously stylish siblings in LA

hen Mick Jagger and Jerry Hall are your parents, looking good in front of a camera is pretty much in your DNA. Models Lizzy and Georgia May, and their actor brother, James, are putting those genes to good use, shooting Sunglass Hut's Mother's Day campaign out in LA. In between fits of giggles - and teasing Lizzy about her Crocs - the Jagger family give GLAMOUR a sneak peek behind the

scenes of their photo shoot...

Mood boards for the different looks



Photographs by Steven Simko



The LA location for the Photo shoot

GEORGIA MAY: "We're all quite bossy, but we don't really fight. Well, now we don't. We'll quibble over a recipe, though – we all get very flustered in the kitchen." ►





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LIGHTS, CAMERA, AKHAVAN

Meet Desiree Akhavan, the writer/director/actor on everyone's lips

eeing as there's so much buzz that Desiree Akhavan is the 'new' Lena Dunham, we'll get that out of the way first. She's not. Yes, her debut film, *Appropriate Behaviour*, is about an achingly self-aware woman living in Brooklyn, but the similarities end there.

Desiree, 30, plays Shirin, a second-generation immigrant raised in America, who's hiding her bisexuality from her conservative Iranian family. We meet Shirin as she's packing up and leaving the flat she shared with her

girlfriend, Maxine; the rest of the movie patches together how they met, moved in and moved on.

"The comparisons to Lena are a compliment – I'm a big fan of her work," says Desiree (who, incidentally, appeared in the fourth season of *Girls*). "But it's also inherently sexist. There's this implication that there's only room for one funny woman whose work can be dramatised."

Getting a debut film made

- and into cinemas - is no easy feat. "So many films are made every year and so few of them get a proper release, so it felt pretty damn good when we premiered," says Desiree. "Appropriate Behaviour was the perfect storm of hard work and good luck."

The result is something honest, unique – and funny, really funny. Take, for example, the sex scene where Maxine role-plays a tax auditor. "Everyone thinks that the film is autobiographical, that I am Shirin, because I'm a bisexual Iranian-American, too. They're like, 'Oh God, is that how you have sex?' I've come to terms with the idea that people will interpret it like that."

Before Appropriate Behaviour, Desiree wrote and starred in web series The Slope, about a lesbian couple in New York. She hopes she can continue to write her own roles. "I enjoy being at the helm of a project. I'm pitching a comedy series to a TV network soon, which I'm very excited about." Now that the spotlight is on her, does she feel a pressure to succeed? "No one has personally contacted me yet to say how much they hate my work," she laughs. "So my philosophy at the moment is: have fun."



Desiree as Shirin in Appropriate Behaviour; (left) With Lena Dunham in Season Four of Girls



By Christine Smith





WIN tickets to the Oliviers

And party with the West End's finest

he Oliviers are the biggest, glitziest night of the year in UK theatre – and you and a friend could be there.
We're giving away a pair of tickets to the Olivier Awards 2015 with MasterCard on Sunday April 12, held at the suitably swanky Royal Opera House in London's

Covent Garden. (Now that's a night out.)
It's been a brilliant year for British
theatre, from two kick-ass feminist
musicals – Made In Dagenham and
Women On The Verge Of A Nervous
Breakdown – to the smash-hit adaptation
of Shakespeare In Love. Not to mention
some unforgettable performances from
James McAvoy in The Ruling Class,
Helen McCrory in Medea and Gillian

On the night, you'll get to watch the ceremony, then hit the after-party for some star-spotting; last year, the likes of Kate Moss, Hayley Atwell, Tom Hiddleston and Dame Judi Dench were all on the guest list.

Anderson in A Streetcar Named Desire.

For your chance to be hobnobbing with the A-list at this year's Awards, get yourself to

GLAMOUR. OLIVIER com, pronto.

DO GOOD IN 10 MINUTES

You don't have to run a marathon or climb Mount Kilimanjaro to do something for a good cause. Microvolunteering Day, on April 15, is all about easy actions that still make a difference.

You could...

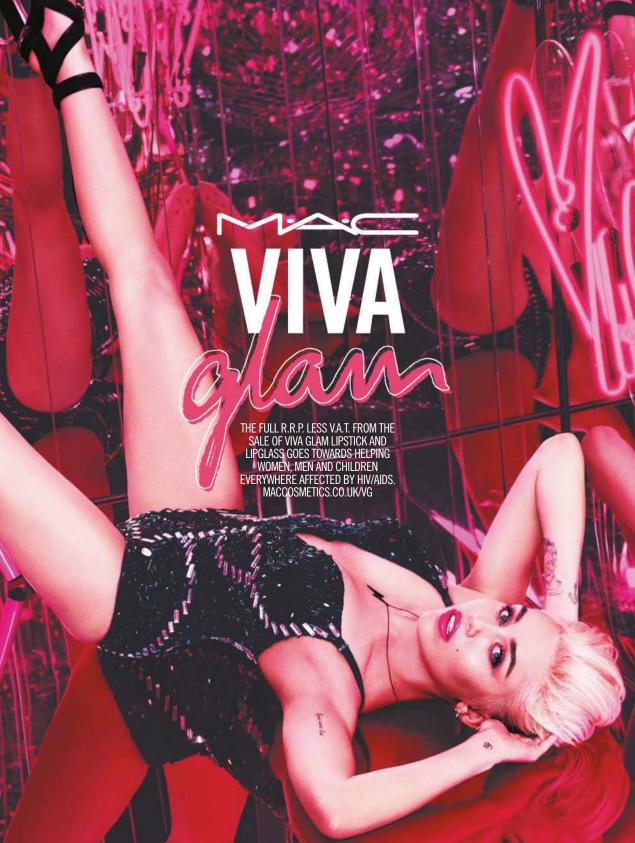
- Write a letter or send a card to cheer up a sick child, via postpals.co.uk
- Download Cancer Research UK's Genes In Space game to your smartphone. Every time you

play, you're helping scientists spot patterns in DNA data, which will help them find a cure.

- Donate barely used make-up and beauty products to Give And Make Up, which helps women escaping domestic violence. twitter.com/GiveAndMakeUp
- Send your used stamps to the Royal National Institute of Blind People – they can sell them by the kilo and raise vital cash. rnib.org.uk/donations-and-fundraising

 Make everyclick.com your home page. It's a regular search engine powered by Yahoo! but each time you search for something, EveryClick will give money to charity.

Whatever you choose to do — it can be as simple as signing a petition at epetitions.direct.gov.uk for a cause you care about — use #MicroDay to share your moment of kindness and help spread the word. microvolunteeringday.weebly.com ▶









TO MUM WITH LOVE

MONOGRAM AS A GIFT AT BURBERRY.COM



"Can you ever have too much ambition?"

ight now, I'm in the midst of the busiest year of my life. I run a business, I'm writing a 100,000-word novel. I have two regular columns, intermittent TV work and a whole other book to have written by Christmas (that I haven't even started yet). Oh, and I have a baby, a marriage, and a house that needs more work. I also try to have a social life. I have

chosen all of these things, and I am very lucky to have them. Not a day goes by when I am not grateful, trust me, but still my life is often stressful and I lie awake at night terrified that I will fail at everything. Sometimes, a small voice in my head pipes up: is ambition worth it?

When I asked that question on Twitter, I got a mixed response. I genuinely expected a flurry of, 'Of course, we are nothing without ambition', because I just presumed everyone is wired to want to achieve big things. But many people admitted that the simple life was preferable. That being too ambitious offered a low quality of life; that 'You will never be on your death bed and wish you had spent more time at work'.

I thought about this. Like, really thought about it. Sometimes I do fantasise about a very simple life, and whether or not that would make me happier.

I live in America, and last year I came back to the UK for five weeks to launch my clothing line. I was six and a half months pregnant and had numerous writing deadlines, as well as friends and family pressuring me to see them before I disappeared back to the States again. My schedule was insane. Very early starts and very late nights, due to a combination

HEY, LADY

Two things I love – women and fashion. So a woman who knows loads about fashion is kind of my dream being. You may have seen Amber Jane Butchart on TV. She is a fashion history genius and a great writer. Her new book, *Nautical Chic*, talks through the history of one of fashion's most recurring trends. It's written in an accessible style, but full of historical and cultural glory. I'm slightly obsessed with the way she dresses, too.



A friend I met up with told me this weird story about 'a friend' of hers who was so stressed and busy that she was quite hard to be around. And as she observed her, she wondered if her ambition was worth it when she didn't seem 'happy'.

She was so blatantly talking about me that I almost got up and walked out. But I know what she was trying to say – she was trying to tell me that my life wasn't balanced, and that I had nothing to prove, and that maybe I should just chill the hell out. It came from a lovely

I'm LOVING

It's hard to know what to get someone who just had a kid. Everyone buys cute stuff, but they probably have everything practical.

Well, this boob hat is the answer – practical and funny. It comes in all skin tones and makes people laugh. Perfect gift. etsy.com/ uk/shop/sherylwood



Auntie Twit

Dawn solves your problems (well, sort of) in 140 characters



@hotpatooties

looking elegant whilst having giant knockers and not hiding them

@ydnic846

Oh my, look to the 50s. Wiggle dresses with modest necklines that show off your shape but not your flesh. The 50s was all about you!

@hotpatooties

Torn between cracking on with my career and jacking it in to be a stay at home mum @catiewilso There is no shame in being a stay at home mum if that is what you want. All feminism offers is a choice not to if you don't want to. Don't feel pressure to be anything other than happy.

@hotpatooties

Why are relationships judged on marriage and children? My relationship is no less committed than your marriage:(

@__sarah2412

I think it's becoming much more normal to be unconventional and accepted. Enjoy educating people who question your situation. Love is love. Simple.

In the NEWS

Some days I walk around just longing to see a giant penis floating in the sky, don't you? Well, some lucky people in Port Talbot, Wales, saw just that. A giant penis cloud made its way across the sky. Yup! The cloud was actually caused by an 'unexpected discharge' (bad choice of words) from



a nearby steel works. I hear the locals are hoping for a pair of boobs next.

place, but was a bit like being told to calm down when you're angry – it just makes you more angry.

The mere suggestion that my ambition isn't worth it made me realise that it *is* worth it to me. The next day, I stepped it up another notch, as there was no way I was working so hard and then failing.

In my defence, life isn't always like it was in those five weeks. I only had a certain amount of time to do a huge number of things and I knew I would be able to put my feet up a bit when it was all done. Yet I can see how it appeared, that my life was a hectic mess of stress. But even if that *was* the case, is working hard on the things you love ever a bad thing?

I do think there is something to be said for a quiet life, but surely the answer is this: follow your heart, and your dreams. Work your arse off while you can, with the hope of one day sitting back and doing absolutely sod all, should you feel like it. I guess some people work hard to establish a balance of work and play, but I certainly feel like these are the years where I want to work my hardest. I've experienced a lack of activity in my work life, and it didn't suit me at all.

So in answer to the original question, YES, ambition is absolutely, undisputedly, unarguably and completely bloody worth it. Now, I'd better get back to work. •

What do you reckon? Tweet me @hotpatooties #GlamourMagUK



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Christy is wearing New Lash Sensational™ Mascara in Black. ©2014 Maybelline LLC.













audia Mahoney. Photographs: Frédéric David for Chanel, Olivier Saillant, Anne Combaz, Aldo Casto

holding hands. G

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You You You

SMILE AND SAY AWESOME

Hey, it's OK...

...if your passport photo looks like a police mug shot

...to tell your permanently late friend that your dinner reservation is 30 minutes earlier than it really is

...if you've ever had to Google internet slang. smh? (that's 'shaking my head', apparently)

...if your idea of 'shopping' at a fancy food market = eating all the free samples



...to death-stare the guy on the train with dubstep blaring from his headphones (but never dream of saying anything)

...to swear you felt your phone vibrate, then check it and see there's nothing. Spooky

...if you have 23 spices in your cupboard, but zero things to use them with

...to come up with triumphant comebacks to imaginary arguments in your head

...if you've ever used, "It must have gone into my spam folder" about an email you deliberately ignored

{ Want to see your own ideas here? Tweet us something we've never heard before @GlamourMagUK #HeyltsOK }

3y Lisa Harvey. Photograph: Arthur Belebeau/Trunk Archive

Men, Sex & Land Control Contro So, the **SEX** was bad?

Don't dump him yet. An awkward first time doesn't have to be a dealbreaker. Here's what to do next

■he first kiss was great, but then you had sex and there wasn't a spark. All is not lost. Of course chemistry is important, but you don't always have that insight into what you both like on the first try - the second time is more telling. "You learn from the test run and let your guard down more," says relationship psychologist Susan Quilliam. So don't write him off just yet; there are ways you can ramp things up for round two.

IF THERE WASN'T ANY FOREPLAY

"Put sex on pause (for now) and spend time in the sensory department together before having sex again," says Rebecca Reid, editor in chief of sex magazine aftmagazine.com (About Fcking Time), "Make out like teenagers, stroke his inner thigh when you're out, or grind against each other on the sofa - but don't let it go further." It will show him the importance of touch, and create an agonising build-up until you can't hold out any longer.

IF YOU COMPARED HIM TO YOUR EX-BOYFRIEND

"You may think your ex was in tune with your erotic desires, but you could be viewing the past



through rose-tinted sex specs," says Alix Fox, Durex Real Feel Sexpert. "We often recall the A+ encounters and forget when it was more C-, usually at the start of a relationship." Give the newbie a chance to catch up. "Create an atmosphere that doesn't remind you of the past; buy new bedding or cook a dish vou've never tried before." Remember, there's more than one type of 'good' sex, so explore his body. Areas that left your ex cold (nipples? Bum? Ears?) may be hotspots for this one.

IF HE WAS ALL OVER THE PLACE

How do you tell a guy he was just, well, a bit crap? "You don't," says sex therapist Andy Gibney. "You tell or show him what you like; it's actually a huge turn-on for men, and great sex is all about communication. Guide his hands and his head and make the appropriate noises if he does something you like." If you find it difficult to say what gets you going, masturbate in front of him. "It shows you're trusting him with your most intimate act. That trust is inherently sexy," adds Reid.

IF IT WAS TOO VANILLA

Don't panic about this too soon - the first time isn't the place for blindfolds, wheelbarrow positions or even sexy talk. "If Christian Grey had opened his colossal kink cupboard to Anastasia Steele on their first night together, Fifty Shades Of Grey may have been renamed Fifty Shades Of Running For The Hills," says Fox. Test the water ahead of your next rendezvous to see if it is indeed just tepid, or has the potential to heat up. "Send a sext hinting at what you might like to try, and gauge how he responds," she adds.

IF HIS EQUIPMENT DIDN'T WORK

This doesn't mean you're sexually incompatible – men get nervous. too. "If his erection flops at the height of passion, go to the toilet, grab a drink or suggest a snack." says Gibney. "Breaking his train of thought can kick everything back into action." When you do start over, don't try to make it hard for him yourself. "If using your mouth or hand doesn't work, he'll be more embarrassed, and you'll feel less desirable," says therapist Marisa Peer. "Instead, encourage him to please you through touch or oral first. It takes the pressure off and he's more likely to get aroused."

BE DELICIOUS

the fragrance for women





"I went back to Neil's house after I met him in a bar. I really fancied him - he was covered in tattoos. as you'd expect from a tattoo artist. He had a mini studio at home and, as I was admiring his sketches. he offered to give me a quick one. I blame the moiitos, but I agreed to a tiny star - and, wanting to be provocative. I said. 'Do it on my bum.' The cheeky sod did it, but also tattooed his initials, 'so I could always remember him'. The letters are teeny-tiny, but the fact is. I've walked round with the initials of a one-night stand on my arse for eight years now. Argh!"

Stacey, 31

"For my 21st birthday, I decided to give myself a present: a bow tattoo on my bikini line. I thought it was cute, but it's sparked awkward conversations with guys ever since: 'What does it mean?' and 'Why there?' When I met my husband three years ago, I didn't pre-warn him, and as he went down on me for the first time, he stopped. 'Here we go...', I thought, but he simply said, 'Thanks for the present' – and then gave me one of the best orgasms I've ever had." *Mandy, 30*

"After two years, my ex cheated on me. I ended it, but he was really cut up and wanted forgiveness, so he got a tattoo saying 'tywysoges' (his nickname for me), which means 'princess' in Welsh. We'd never talked about tattoos, so when the picture message came through, I was stunned. But it fell flat. I couldn't take him back, and now he has a permanent reminder of what he did. I do wonder how he explains it to other girlfriends." *Rachel. 32*

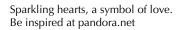
"My first boyfriend hated tattoos - he'd never date a girl with one. We were always rocky; we'd argue, break up, then get back together. One day, in a bid to end the drama, and as an act of naïve defiance, I got the tackiest tattoo I could find: a Playboy bunny on my lower back. It worked; we broke up, for good, but now I'm stuck with it. I'm a serious businesswoman and people can't believe it when those ears peek out over my trousers - neither can I!"

"I once fell for a guy I met on holiday and, as a present to each other, we decided to get tattoos of each other's initials. Of course, we've since split up and when my now-boyfriend spotted the tattoo, I lied (on impulse) and said E.S. stood for 'extra spicy' as a tribute to my love of Nando's. He laughed about it but, as true Nando's fans know, the 'extra spicy' flavour is actually called 'extra hot', so it's just a matter of time before he works it out over a plate of Peri-Peri." *Keira, 26*

"Travelling around India after uni, my boyfriend and I decided to have tattoos so we'd always remember being young and carefree. He sensibly chose his lower back to have his star sign, whereas I had a large sun on the back of my neck, just below my hairline. Back in the UK, I realised it was a mistake. Unless I'm wearing a polo-neck – not often – you can always see it. Whenever I go to job interviews or have to do something professional, I spend ages twisting round to try to apply cover up." *Milly*, *33*

Kate, 28









ep, that's right, 'professional wingwoman' is now a genuine job. The role? "To help your single client approach guys, strike up a conversation, then shine a spotlight on how great she is," says Susan Baxter, president of Hire A WingWoman, a new agency to help women switch off their dating apps and meet people in real life. We asked the pros for their proven-in-the-field tricks, so you can be a better wingwoman to your single mates, too. (Oh. and so your friends know the plan if you're looking. Our pleasure!)

LESSON #1 Don't make it awkward

If your friend spots someone she likes, don't march over and say, "Hey, my friend over there likes you." Instead, "Ask something neutral that includes your friend, such as, 'Hey, we're

thinking of going somewhere after this place, where do vou guys suggest?" says Susan. "Then motion for vour friend to join vou."

LESSON #2 Connect the dots subtly

"Once you get chatting, the goal is to find something they have in common." says Ariana, a professional wingwoman in New York. "The kev is to coax, not force, the conversation." Rather than, "Oh my god! You like Haim? Anna loves Haim! You're so made for each other," say, "I'm not a fan - but Anna, didn't vou go and see them once?"

LESSON #3 Give your friend an exit strategy

"I always agree a codephrase before I go out with a client," says Heather, who also works for the agency. "I'll ask, 'Shall we switch up our drinks?' If she says she's sticking with what she's drinking,

it means she wants to stay talking. If we're not in a bar, then it's, 'How long have we got on the parking meter?' It's the same principle - if she says, 'We've got loads of time.' I know she's happy."

LESSON #4 Know when to step away

"It's your cue to exit the moment you're saying the least in the conversation." says Ariana. Avoid a cringeworthy, 'I'll leave you guys to it' and cheesy wink, and try to be tactful. "Say you're going to make a call or to find the ladies - and then take your time about it." If he's got a friend who's not getting the hint, 'split' the conversation by asking him a direct question when your friend and her guy are already talking.

LESSON #5 Pre-agree a 15-minute cut-off

"I tell my clients that it's better to get someone's

Wingwoman Dos & Don'ts

DO get the body language right. Being locked in conversation with your friend makes her unapproachable to potential guys, so face outwards towards the room. DON'T bar hop too fast. Give each place at least 30 minutes before you move on, or you might miss people. DO tell your friend they've nothing to lose by chatting to a guy. See it as a conversation, not an audition to be his next date. DON'T be rude. If guys approach and you're not keen, simply say, "Sorry, but we have a lot to catch up on." DO remember you're her friend, not her mum. Aggressively warning men they

need to treat her right can be off-putting.

DON'T discount someone your friend

likes because he's not your cup of tea.

phone number and leave the conversation on a high than to stick around and run out of things to talk about - 15 minutes is usually enough," says Sabrina, a manager at Hire A WingWoman. It also means that you're not left hanging

out on your own for too long.

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30-minute **CAREER BOOSTERS**

...that will help clear your head - and your desk

Some mornings, it's tough to get going, but the first half an hour of your working day is, in fact, the most crucial, say those at the top. "The studies I've seen prove this is a critical time for productivity," says Dr Jill Miller of the Chartered Institute of Personnel and Development. "Preparation and the right frame of mind at the start can make the difference between a positive, prosperous day or one spent on the back foot, fire-fighting." Here, six high-fliers share their tips.





Cassandra Harris Founder and MD of venture development company Venturespring

EXPAND YOUR MIND

"Before my focus switches to work, I arrive early and spend up to half an hour listening to an audio book at my desk on topics such as maintaining a positive mindset, strengthening relationships and building confidence. This time in the morning lets me ponder the things I wouldn't necessarily be learning in the office, and I feel more rounded - and ready for whatever the day throws at me - as a result."



Catherine **Thomas** Divorce lawyer and MD of Vardags

HAVE REAL CONVERSATIONS

"The first thing I do is talk to my team. I schedule a stand-up meeting in our open-plan office to catch up with cases and let them know my schedule so they can plan their work. These meetings are not only essential for prioritising, but, because other people can hear what's going on, they will chip in with their thoughts on strategy. And, by listening in, junior staff members can learn, too. A conversation is often much more efficient than a stream of emails."

Daniela Cecilio Founder of ASAP54, an app that lets you search and shop for fashion

START WITH **A VICTORY**

"I always meet my personal trainer before heading to the office - her brief is to come up with workouts that are varied and push me to the max. Even though it takes a small chunk out of my morning, the sessions are worth it because having overcome one challenge, I feel I can face anything at work, so I diarise my most important appointments for the first part of the day."





Helen Tupper Head of consumer for Virgin Management

GET AN APP ASSISTANT

"A productive morning helps me feel in control, so I start with my to-do list, stored on the Todoist app updating tasks, checking what's planned that day and generally preparing. It's integrated across my phone, tablet and laptop and helps me know what to expect when and reminds me of tasks I need to complete. I also check Feedly - a news-curation app – for consumer marketing and entrepreneurial stories, and I Tweet anything interesting. Social media is a key part of my role, so I need to keep my feed relevant and lively right from the start."





Jessica Kruger Founder of Ethos, a vegetarian restaurant in London

RESEARCH THE TRENDS

"I check restaurant reviews and news - mainly *The Guardian*, as well as foodie sites such as Zagat, Hot Dinners and Time Out. Researching what's new or what's generating a buzz in your area of work before getting stuck into heavier tasks is surprisingly motivating and inspires creative thinking. And because food trends are constantly changing, it's important to stay on top of them so our menus and marketing are up to date. It's essential, in any industry, to be seen to be leading the way."





Rebecca Jackson Racing driver, motoring iournalist and TV presenter

TAP INTO CALM

"Doing something calm helps me feel in control when I have to think about lots of different tasks. Before I do anything work-oriented, I'll practise Zen techniques – such as breathing deeply while slowly counting to ten - until my mind is settled. Or, if I'm working from home or in a space that allows it, I do a mix of yoga (sun salutations and warrior position). Pilates stretches and rhythmic tai chi - and it really does clear my head."

By Hanna Woodside, Amy Cory and Anna Johnstone. Photograph: Beth Studenberg/The Licensing Projec

When I knew she was THE ONE

Forget falling in love – discovering your best friend is just as momentous. GLAMOUR readers share their stories

"A cruise with my friend Kate seemed the perfect getaway after months of triathlon training. But



we'd misjudged the vibe: our fellow cruisers were all elderly, married couples. It should have been awful, but Kate made it the best holiday ever. Between performing with Top Men – the ship's answer to The Beatles – and fending off a late-night visit to our cabin from a gentleman caller (aged 73), I knew she was my BFF for life." Nina, 26 (right)

"Becky and I hadn't known each other long, so I didn't expect her to buy me a birthday gift - but when I saw it, I knew she was a keeper. Having picked up on my love for orange sweets, she'd spent a fortnight sourcing hundreds of orange Jelly Babies, Smarties, Haribos, Wine Gums and Fruit Pastilles, and presented them in a giant jar. No one had ever spent so long on the perfect present for me."

Alex, 22



"I was living in Japan when I met Mie through

a mutual friend. Despite the language barrier, we hit it off over a love of food. We'd go for dinner and challenge each other to eat things we'd never tried before. Our broken conversations didn't stop us becoming close. One day, Mie told me she'd learnt a new word: 'soulmate'. She thought we must be soulmates because we had such a strong bond. I totally agreed. That was ten years ago - I'm back in the UK now, but Facebook and email keep us connected and we're still best friends." Anne-Marie, 33 (right)



I met Ruth at my first job. She was from Sydney, but she was the one who introduced me to all that London had to offer. It wasn't until 18 months later, at our last tearful lunch before she returned to Australia, that I realised she'd become my best friend. She took out a £20 note and ceremoniously cut it in half, giving me one half and keeping the other, and assured me that one day she'd be back to 're-connect' it -15 years later, she did just that." **Vivien, 36**

"After a bad break-up, I was in full self-pity mode. Most friends indulged my moping, but after three weeks, my uni flatmate, Georgie, had heard enough. One night, she said, 'You're being pathetic. We're going out.' She made me dress up,

gave me a Sambuca and by the time she bundled me into a taxi, I was laughing. She forced me to have fun when I really needed it. In my hungover state the next day, I realised how lucky I was to have her." Laura, 25 (left)

"It's 1997 and I'm ten years old. In a playground discussion about the best Spice Girl, the consensus is Baby Spice, but I sheepishly make the case for my favourite: Sporty Spice. I'm ridiculed by all the girls — except Clare, who comes to my defence and agrees that Mel C is 100% the coolest. I'd discovered a kindred spirit." Emma, 28

IF YOUR HAIR IS YOUR N°1 OBSESSION

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By Lisa Harvey. Photograph: Stephanie Rausser/Trunk Archive

Health websites to bookmark NOW

From workout motivation to wellbeing advice, these sites are your shortcut to feeling good



THE **TRENDSPOTTER**

Well + Good

Bored of reading about barre workouts and chia seeds? Get ahead of the trends and discover the next health craze (activated charcoal, exhilarating treadmill classes and booze-free morning parties, apparently) with New York's super-cool online wellness mag. Obsessed with all things health, this cutting-edge site filters out the fads to pass on what you really need to know, from boutique fitness to natural beauty. wellandgood.com



THE ALL-**ROUNDER**

Healthista

This one-stop women's health channel offers well-researched info, breaking news, advice and real-life stories, written by health writers and backed by experts. Their mission? To make health easy, effective and fun. Championing strength over skinniness and nutrition over strict diets, the refreshing mix of savvy articles, workout videos and inspiring blogs offers tips and support to help you look and feel better. Consider this your new healthy BFF. healthista.com

Who has time for beach yoga when the internet has cats?



OK, so we know the National Health Service is hardly a hidden secret. But, be honest, how often have you gone straight to Dr Google with your symptoms, then scared yourself witless poring over a Wiki page you found in the search results? The NHS might seem old school. but their site is a good first port of call if you're worried. "Instead of Google's search bar, use the symptom checker on the NHS website and vou'll get reliable feedback," says GP Radhika Reddy. "It advises how to proceed with treatment or it may give an advice leaflet for self-management." The site also debunks the health headlines, explains the science and helps you make decisions about your wellbeing in general. nhs.uk



Madeleine Shaw

We love health coach Madeleine Shaw, not least for her nutritional gut-soothing recipes: think Paleo sweet potato bread and quinoa, spinach and butter bean stew. Delish. Her website is less about the dos and don'ts of eating, more about showing how appetising, and simple, healthy cooking can be. Follow her insightful blog for skin-glowing secrets. madeleineshaw.com



Hip & Healthy

OK, so this is more of an online magazine/activewearstore, but it has serious style credentials and a pretty awesome philosophy: be the best version of you. Whether you want to refresh your workout look, discover a new fitness gadget or research a yoga retreat, make this one your new lunchtime domain. hipandhealthy.com

THE SHARING HUB

Health Talk

This patient-experience site shares real-life accounts via videos of people dealing with issues ranging from cancer to infertility. The site was co-created by Dr Ann McPherson CBE after she couldn't find anyone to talk to about what it was really like to have breast cancer. Whether you want to help a friend with depression or have questions about a diagnosis, you'll find reliable support and advice here. healthtalk.org



THE BADASS BLOG

Spikes + Heels

A no-nonsense blog for women who exercise - hard - because they love it, not to burn calories. "It's time to celebrate your sweat," says founder and fitness writer Muireann Carey-Campbell on her welcome page. And it's surprisingly motivating. From discussing which exercises are worth 'the pain', to the role of women in sport, her chatty posts will have you reaching for your trainers in no time. spikesandheels.com

LET YOUR HAIR OBSESSION SHINE & SPARKLE

THE **PINK** ONE



WHAT'S YOUR #HAIROBSESSION? THE PINK ONE LOREAL-PARIS.CO.UK/HAIROBSESSION



...with the foods that boost your digestion (and the rest)

K, it might not be sexy, but the gut is officially having a moment. It's the star of one of 2015's biggest healthy-eating books, nutritional therapist Vicki Edgson's Gut Gastronomy, and scientists are increasingly discovering that a healthy gut = better overall health. "Considering that 40% of us suffer from a digestive health issue at any given time, looking after our gut has never been more important," explains nutritionist Jane Clarke. And, after recent research showed unhealthy digestive bacteria can cause acne and rosacea symptoms to flare up, the theory of a stomach-to-skin relationship has never been stronger. We asked the experts for the top gut-loving foods.

THE BIG CHEESE Creamy ricotta has a high glutamine content which, according to leading nutritionist Patrick Holford, is a no-brainer when it comes to gut health: "Alcohol, gluten and some antibiotics can weaken the intestine wall, but glutamine helps prevent toxic fluids that can lead to eczema or arthritis from leaking into the bloodstream." Assuming you're not Gwyneth Paltrow, who is a fan of making her own ricotta and spreading it on toast before topping with pesto, supermarket versions (try Galbani from Waitrose) should do the trick.

POP YOUR BERRY
Cooked* elderberry is packed
with body-boosting polyphenol
antioxidants. "Studies have found
polyphenols increase healthy

bacteria in the intestine, which helps to calm inflammation throughout the entire body, including the skin," says nutritionist Kim Pearson. In other words, say hello to a smoother-looking complexion. Buy them fresh at farmers' markets or dried from realfoods.co.uk and pop them in fruit puddings and crumbles or make compote to serve with plain yoghurt. Can't get hold of elderberries? Cherries, also high in polyphenols, are the next best thing.

PERFECT PICKLE
Supermodel Miranda Kerr adds sauerkraut to her eggs and avocado at breakfast, and she's not alone. "The trend for fermenting veggies by pickling them in salty water has suddenly taken off, but the process is actually an ancient one," explains Clarke. "Eating fermented food at the start of a meal helps to stimulate digestive enzymes and create healthy gut bacteria." Start by overhauling coleslaw and salads with unpasteurised (the pasteurising

process kills off the benefits) pickled cabbage and carrots.

SAGE ADVICE Gut-friendly herbs don't come much better than sage. "It contains rosmarinic acid, which is easily absorbed by the gastrointestinal tract and creates anti-inflammatory responses in the bloodstream," says Edgson. She suggests adding a handful to soups and casseroles or crush the leaves with sugar and add to boiling water, then chill, for a healthy summer tonic.

LIQUID ELIXIR

The healthy-eating Hemsley sisters swear homemade bone broth (made by boiling beef or chicken bones in water) is the absolute foundation of good gut health.

Why? It turns out that gelatin, which dissolves into the water from the bone marrow, reduces gut inflammation by forming a protective lining along the membrane. Broth has already replaced coffee as the cup du jour in NYC, where new restaurant Brodo serves the drink through a take-out window.

PLENTY MORE FISH

Research shows that levels of digestive bacteria become out of whack if there isn't enough vitamin D. The big D has also been proven to boost the safeguarding function of the skin, increasing production of a peptide called cathelicidin, which helps ward off breakouts. Very few foods contain vitamin D, but natural fatty fish is one of them, so stock up on tuna, salmon and mackerel.

QUENCH YOUR DRY HAIR OBSESSION WITH NOURISHING EXTRAORDINARY OIL

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WHAT'S YOUR #HAIROBSESSION?
THE GOLD ONE

LOREAL-PARIS.CO.UK/HAIROBSESSION





SUZUE CURLEY

Suzue, 40, is a world-class chocolatier. She and her husband, William, have won numerous awards – including gold at the Culinary Olympics – and are the founders of William Curley Patissier Chocolatier

My degree was about how to manage a business and make it run efficiently. For our finals, we had to pick an industry to write about. I chose the restaurant business, as I already had

some experience of it (growing up, my parents owned a noodle bar in Osaka). I went to culinary school for the day and realised I wanted to be part of that world.

At the time, William was head pastry chef at The Savoy. He had seen my work and offered me the job of making afternoon tea, but it was really hard – there were seven different pastries, and at weekends I'd have to make 200 of each. I'd start work at 8am and finish at 2am the following day. Sometimes I questioned my demanding career choice, but I stayed for a year, then William and I got married and left to launch our own consultancy firm in London.



We opened our first shop. At the beginning, people didn't understand why our products only had a shelf life of a day or two. We had to explain

that we don't use artificial colours or preservatives, only natural herbs, spices and purées. Making chocolate truffles is simple, but creating something like our chocolate ganache bonbons is a real science. It helps if, like me, you have cold hands.

EDUCATION

1990-1994

BA in Management Science, Ryutsu Kagaku University, Kobe, Japan

1994-1997

Le Grande Diplôme, Le Cordon Bleu, London & Paris



1999-2000 Pâtissière, The Savoy

2000-2004

Co-founder of William & Suzue Curley Ltd

2004-present Director,

William Curley Richmond

2009-present

Director, William Curley Belgravia Although I knew my heart lay in patisserie (I've always had a sweet tooth), my parents didn't think I could make a living from it, so I moved to London – with very little English – to study classic French cuisine. To qualify in chocolate-making and patisserie, I had to go to Paris for five months. I would wander around the big patisserie houses, such as

Ladurée, witnessing the craftsmanship, textures and flavours first-hand.

Our job was to spot market trends and brainstorm ideas before coming up with new desserts for the big supermarkets. Our first client was Marks & Spencer (I had a contact there), and soon Waitrose and Duchy Originals heard about us. My favourite product was the blackberry and apple pie we created for Duchy – it had a high fruit content and good quality pastry.

£.....

After testing the waters with a pop-up shop in Mayfair for a year, we opened our flagship store in Belgravia, complete with dessert bar. It was followed by a phone call from Harrods, asking to sell our chocolates

and macaroons. It was exciting to have our work recognised by such a prestigious department store, but ultimately it's my love of the job and customer feedback that drives me.



SUZUE'S LIFE LESSONS

• Follow your dreams. You will never work hard at, or gain satisfaction from, a job you don't care about. 2 Be prepared for criticism. I was mortified when a VIP at The Savoy once sent back a Madeira cake I'd made; pick yourself up and start again. 3 Challenge yourself. It's never too late to try new things. I'm always experimenting with new ingredients and techniques. My latest task is to incorporate Japanese muscovado sugar into a recipe.

ISSEY MIYAKE L'EAU D'ISSEY







GLAMOURSCOPE



Happy Easter! Aside from lots of chocolate, what else will April bring? GLAMOUR's astrologer, **Maggie Hyde**, has the answers



Aries



(March 21 - April 20)



Cheers, Aries. When you're done partying, take a look at what's on the cards for the month (and year) ahead

Love Compromise doesn't come easily, but it's worth letting a partner get their way on the moon's eclipse on the 4th. Single? Take note of the date, too – a thought-provoking conversation leads to some serious soul searching.

WOTK A good salary is important, but it's not your primary goal – doing something you're proud of brings real fulfilment. Around the 21st, lunch or coffee with someone in charge will show you the way forward.

Friends You're not afraid to pull someone up on their bad behaviour – and people admire you for it. Don't forget that learning to forgive and forget is a skill, too. If a friend's apology is sincere, there's no need to hold a grudge.

Money With planets pressuring your money zone, you can't stick your head in the sand any longer. Take action: pay your bills on time and settle debts with friends and family by the end of the month.

Your year ahead The start of the summer brings family duties you can't ignore, but friends are there to lend emotional – and practical – support. Midsummer's Day, on June 24, marks a turning point in your love life and kick-starts a couple of exciting months. Enjoy it before your career zone takes over in autumn: a step up the ladder could be yours come mid-October. A holiday over New Year lets you recharge and gives you the bug for more travel in 2016. ▶



GLAMOURSCOPE

Taurus

(Apr 21 - May 21)

Money issues are looming after the 11th, but calling in a favour from a friend - especially over a car or DIY issue – could save you some cash. Meanwhile, if someone's been messing you around at work, it's time to lay down some ground rules and be firm about your expectations.

Gemini

(May 22 - June 22)

Jupiter's influence means that the long Easter weekend is packed with parties and pub crawls, which is just what you need. Make an effort to talk to new people as well as gossiping with your mates - some clever networking could uncover a brilliant career opportunity.

Cancer

(June 23 - July 23)

The moon's eclipse on the 4th could bring a rethink about work and the future - give yourself until the end of the month to decide whether it's time to move on. In the meantime, enjoy an injection of romance: late-night dates and flowers might be heading your way.

(July 24 - August 23)

The dust is still settling after an overhaul at work, but your role isn't clear yet - meaning this could be a good time to carve out your niche. Prove to a boss that you're up for the challenge and responsibility on the 20th. Meanwhile, someone tempts you with a last-minute mini-break. Enjoy!

Virgo (August 24 – September 23)

Pluto's influence on the 8th reveals a secret you shouldn't know - and leaves you with a moral dilemma. In this case, saying nothing might be the best option. When it comes to love and friendship, even though you find talking about money tricky, having one particularly awkward conversation now could save you months of angst later.

Libra

(September 24 - October 23)

You're indecisive by nature, but when someone demands an answer on the spot on the 15th, you end up going with your gut. You won't regret it. As for work, volunteer for a presentation or some public speaking around the 22nd - Jupiter helps you shine.

Scorpio (October 24 – November 22)

A relationship is starting to frustrate you and there's an opportunity on the 23rd to explain how you feel. Be clear and honest. Elsewhere, you're kicking yourself for going along with someone's chaotic Easter plans – try and keep it simple.

Sagittarius (November 23 – December 22)

With lucky Jupiter on your side, it's the perfect time to ask for a promotion or pay rise at work. Work aside, a cool character helps you sort out a financial tangle, and a friend persuades you to join them in a charitable endeavour.

Capricorn

(December 23 - January 19)

April is all about doing something you've never done before. So, whether it's signing up to online dating or learning to surf, now's the time to get out of your rut. Choose the right moment on the 21st to ask someone to open up to you.

Aquarius

(January 20 - February 19)

Connecting with a neighbour or attending a community event introduces you to a whole new social circle. There's good news in your relationship zone, too: the sun shining on your sign from the 6th heats up your sex life, whether you're single or in a relationship.

Pisces

(February 20 - March 20)

You're known for your dedication at work, but it's only one aspect of your life. Remember you also have a love life and friendships to nurture too, so don't work late every night. Something expensive for your home tempts you around the 8th. Check your bank balance first. 6



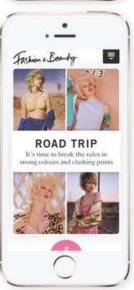
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JIHADISTS

Why are young British women swapping their freedom for war in Syria?

Gaby Hinsliff reports

ahra Halane makes an unusual widow, but then she was no ordinary bride. The 17 year old from Manchester announced the death of her husband, after only a few months of marriage, in a Tweet just before Christmas. But what's really disconcerting is that she added a 'LOL' to the message. Zahra and her twin sister, Salma, were both so-called 'jihadi brides'. In other words, British women answering a call from the murderous

G REPORT

■ terrorist group Islamic State (IS) to travel to Syria and marry its fighters.

The wives' job is basically to bear children to populate the zealously Islamic nation that IS dreams of building across the Middle East – and in their strange new world, having a husband 'martyred' in battle isn't a tragedy, but an honour. Jihadi brides tell each other how lucky their man is to have entered paradise, and publicly congratulate widows.

Bizarrely, neither the realities of war in Syria nor the gruesome beheadings of Western hostages by IS seem to deter British wannabe brides, some of them alarmingly young (counter-terrorism police recently removed a 15 year old from a flight to Turkey, fearing she planned to cross into Syria). In the past year, an unprecedented number are believed to have reached Svria. Melanie Smith, a research associate at the International Centre for the Study of Radicalisation, based at King's College London, is tracking over 70 British and French brides via their social media accounts and estimates hundreds more

are secretly considering going.

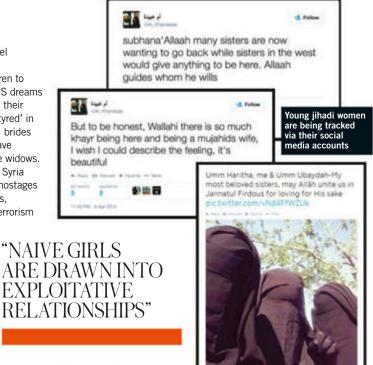
Their families, according to Smith, often have no idea what their seemingly model daughters are planning until it's too late: "The signs that someone is being radicalised are often the same things parents hope to see in their children anyway: they'll become more pious, won't go out with friends so much. It's the opposite of being a rebel."

But why would British Muslim girls with everything going for them – the Halane twins were star pupils, with 28 GCSEs between them who, according to friends, planned to become doctors – swap the freedoms of the West for an oppressive life in a country at war?

ara Khan, who runs the campaign group Inspire, set up to tackle both extremism and attitudes to women within British Muslim communities, thinks girls from devout backgrounds are particularly vulnerable to falling for fantasy jihadi husbands.

"These are teenage girls, at the age you have wild crushes. But if you're not allowed to have boyfriends or even friends of the opposite sex, and then you find someone online saying, 'I will marry you' – well, for them the only legitimate way to have a sexual relationship is to be married," she says.

And while many are clearly drawn to the adventure of it all, they see jihadi men as Robin Hood figures, fighting for justice for Syrians. For



OTHER GIRLS ME

the youngest teenagers, Khan argues, it's almost "like a form of grooming", with naïve girls drawn into exploitative relationships under false pretences.

"They think somehow that by going there, all their rights are going

to be looked after," says Khan, who recently launched the Making A Stand campaign aimed at challenging extremist mythology. "It's a complete fallacy, but they have bought into the lie."

Tareena Shakil, 25, left her family in Staffordshire for a new life in Syria in November 2014. When she managed to flee earlier this year, reaching the Turkish border with her toddler son, it emerged that she had misjudged what life would be like. "Tareena realised when she got to Syria that she had been a victim of false propaganda," a family friend told *The Sun*.

Another intriguing clue comes from research carried out by Professor Kamaldeep Bhui, professor of cultural psychiatry and epidemiology at Queen Mary University of London. He found that women were as likely as men to sympathise with extremist views, but crucially the female sympathisers were more prone to symptoms of mild depression. It seems that



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■ wannabe brides may be unhappy with their lives and looking for answers.

"Depression produces a disconnection with other people. You aren't able to enjoy things, even if you look all right on the surface," says Professor Bhui. "If people are dissatisfied with life and looking to find meaning, well, what's more powerful than this sort of experience?"

Jihadi wifedom appeals, he thinks, to teenagers looking for "a purpose, a sense of identity" in life (most of those Smith is tracking are under 24). Several young Muslim women in his focus groups said that events in the Middle East, where thousands have died in recent wars, had made them think harder about their religious identity, and in some cases feel more religious.

And while radicalisation usually starts with a real-life conversation, according to Professor Bhui, once young women begin reading about jihad online, they quickly stumble across the Tumblrs and Ask.fm pages of English-speaking brides who sound just like them – and will happily answer questions about coming to Syria.

"I yearn to be the wife of a mujahid [fighter] and support him" wrote one anonymous young British woman recently, in a message seeking advice from an IS wife known as Umm Ubaydah, whose Tumblr is a contact point for potential brides. When the girl said her family opposed the idea, Umm Ubaydah wrote back sympathetically that she too joined jihad because she felt "something was missing" from her life, advising her to hurry up and come because even if she lost her family, "Allah will give you so much better."

he reality is that these women are choosing an extreme way of life and their marriages may be fleeting. "There's a lot of talk among the women about what to do if your husband is martyred. The death toll is climbing, especially among British fighters," says Smith. Widows are expected to remarry fairly swiftly and have more children; some will probably be widowed more than once.

What daily life is really like is hard to pin down. Their Twitter, Facebook and Tumblr accounts pump out endless gushing propaganda about the joys of cooking and caring for their warrior men. But behind the cutesy photos they post of kittens curled up with guns,

JIHADI WOMEN: A GLOBAL PROBLEM

It's not just a simple picture of British women heading to Syria to marry local fighters. Khadijah Dare, who grew up in London and was one of the first women to leave for Syria in 2012, married a jihadi called Abu Bakr, from Sweden. Along with Aqsa Mahmood, Dare is a key member of the Al-Khansaa brigade, an all-female police force who patrol the IS-run city of Raqqa.

Meanwhile, teenage Austrian nationals Sabina Selimovic

(then 15) and Samra Kesinovic (16), originally from Bosnia, left their homes in April last year to marry IS fighters – a UN official has since confirmed that one of the girls is dead. Zehra Duman, 21, from Melbourne, went to Syria to marry a fellow Australian, Mahmoud Abdullatif, last December. Friends report being shocked how quickly Abdullatif converted from a party boy to a Muslim extremist willing to give up everything to fight in Syria.









Clockwise from top left Londoner Khadijah Dare and her husband, Abu Bakr; Australian Zehra Duman; Austrian nationals Samra Kesinovic and Sabina Selimovic; the al-Khansaa brigade

darker glimpses are emerging of what it's really like living in the shadow of death.

Smith has picked up grumbles about electricity and hot water supplies being disrupted, suggesting living conditions are getting harsher; the wives are also close enough to the front line to hear and see US-led bombing raids. And while they boast of having flats and groceries provided by IS, and of enjoying Western treats like M&Ms, everyday life is probably both tough, not to mention lonely.

One anonymous young Malaysian doctor married to a fighter, who blogs under the ▶

G REPORT

■ name Bird of Jannah, wrote recently about spending an evening with another wife who was excitedly preparing for her husband's return from the front line. A few days later, it emerges that he has been killed. The pregnant author, whose husband was also away fighting, wrote that she struggled to breathe when she heard the news: she "went to my bed and stared at the ceiling. I began to count how many lines and dots are there... but it doesn't helped [sic] me much."

With their men away, women spend their days mainly indoors, doing chores and childcare (it's not considered appropriate for women to go out, except for essentials, unless chaperoned by a man). Alcohol and cigarettes are banned and Islamic laws are violently enforced in IS towns, with punishments ranging from lashings for those caught not praying, to execution for crimes such as adultery. Women must wear a niqab (a full face veil), no perfume, and long clothes that cover their hands and feet.

ccording to Professor Bhui's study, those most at risk of radicalisation are well educated, from better-off British families – girls like Aqsa Mahmood, or, as she now calls herself, Umm Layth ('umm' means 'mother' in Arabic). When she left Glasgow for Syria in 2013, her parents said they couldn't understand what had happened to their "sweet, peaceful, intelligent" 19 year old, apparently set to become a pharmacist.

But Melanie Smith says many of the brides she follows were similarly high achievers; outwardly docile, they may have secretly resented pressure from their families to succeed, and seen marriage as a way of rebelling. "Umm Layth has written about how her parents made her go to university, and how she was under so much pressure academically," says Smith. "This is a complete break."

There's certainly little sign in her public postings now of the girl who grew up listening to Coldplay, reading Harry Potter and enjoying make-up and clothes. Umm Layth has Tweeted praise for those committing terrorist atrocities, and while women can't fight for IS, it's rumoured she's joined an armed female unit known as the al-Khansaa brigade, which enforces strict religious rules on dress and behaviour in IS-controlled towns.

Reports that she actually runs the brigade may be exaggerated; Charlie Winter of the Quilliam Foundation, a think-tank that researches extremism, argues it's unlikely that Syrian women would accept being ordered around by a British girl. But however close they may have got to the fighting, the brides can't escape its consequences. If any of them are having second thoughts, it's likely they know too much about IS to be allowed to leave easily.

Sterlina Petalo was 19 when she left home in Holland for Syria last year, having fallen for a Dutch soldier-turned-jihadi she'd seen interviewed on TV. She was rescued last year by her mother, who revealed: "She rang me and said, 'Take me home." Details of the escape are murky, however (Sterlina's intended husband denies she ever reached the jihadist-held city of Raqqa), and other would-be rescuers certainly haven't been so lucky.

When the Halane twins' mother, Khadra Jama, travelled to Syria to try and bring them home, she was reportedly imprisoned by IS for several days

- while her daughters refused to leave. They may, of course, have had little choice. Anyone wanting to abandon jihad is regarded as a traitor, and even if the women could slip away, they'd still have to navigate their way out through a war zone. It's also unclear what criminal consequences might await them at home if

they've praised terrorist acts or urged the killing of unbelievers (Sterlina Petalo was taken into custody on her return, although she was recently released pending further investigation).

Yet as Professor Bhui points out, these women seem uncomfortably young to be abandoned to their fates. In Manchester, Zahra and Salma Halane's parents can only wait and hope that either the Islamic terror group is defeated, or their daughters choose to return home – ideally, for all of us, both.

Gaby Hinsliff is a columnist for *The Guardian*

WHAT IS ISLAMIC STATE?

 Islamic State (IS) is best known for the kidnapping and beheading of British aid workers David Haines and Alan Henning in 2014, but it's been growing for over a decade.

"THE BRIDES KNOW

TO LEAVE EASILY"

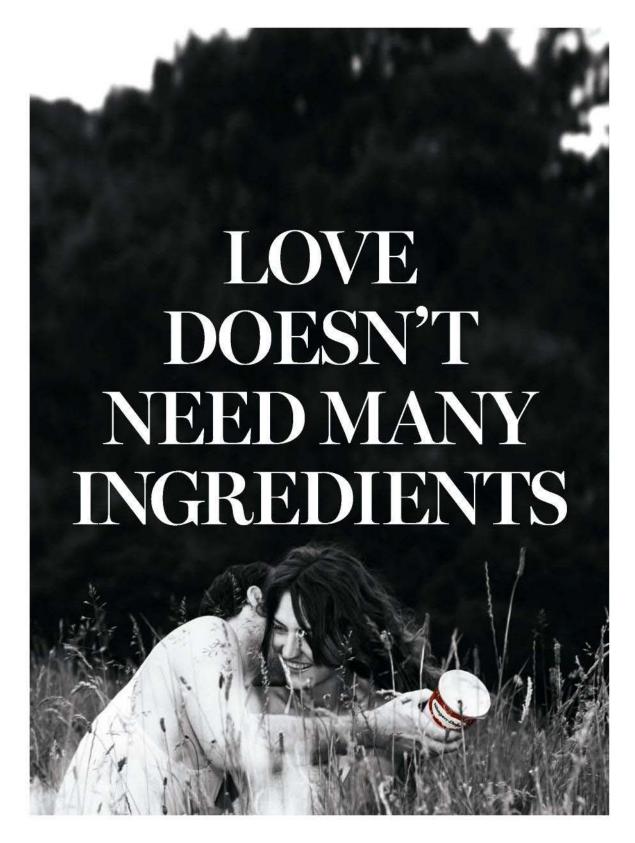
TOO MUCH TO

BE ALLOWED

- IS first emerged as an offshoot of Al Qaeda in Iraq, the terrorist movement behind 9/11. But its main interest is in building a huge fundamentalist Islamic state
- stretching from Jordan to Turkey. It's taken advantage of civil war in Syria and unrest in Iraq to capture territory in both countries, developing a brutal reputation for murder, rape and torture.
- An estimated 2,000
 Western men have gone to fight with IS (also known as ISIS or ISIL) and last year it began calling for women to go out and have their children.



KURT GEIGER





Great vanilla ice cream only needs 5 ingredients - real milk ♂ cream, eggs, sugar ♂ vanilla. So, that's all we use.



NOTHING IS BETTER THAN REAL



s editor of *About Fcking Time*, an online sex magazine for women, I'm forever being sent emails, messages and Tweets from women I don't know, who want to tell me about their sex lives. Aside from this being fascinating reading, what's most

striking is this: the reality of most women's bedroom activity is nothing like the glossy *Fifty Shades*-style shagathons we're constantly exposed to.

Because it's not just porn that is warping notions of how our sex life should be, although the fact that more of us are enjoying it (at last count, 41% of women said they watched internet porn every month) plays its part. It's also the constant stream of X-rated music videos, celeb sex tapes and hyper-sexualised adverts.

Don't believe me? Just watch a flawless have to be Kim straddling a motorbike in Kanye's Bound 2 video. Or Miley's S&M-inspired dangling antics in last year's film, Tongue Tied. Or in a sex anything starring Rihanna. And tell me you don't find yourself wondering if you should swing. Not up your own sexual antics. We're being led every day to believe that 'good sex' has to be loud and acrobatic. It can be. But you don't have to be dangling in a sex swing. Not every day. Sometimes sex is best when it is most real – when it's all about the intimate and unique connection between you and your partner. To celebrate that, here are five normcore sex concerns that I hear all the time – and why you should be proud of them.



There's a reason why women are always confiding in me that this is their go-to sex position – it can be satisfying on two levels.

"Because of the way their partner's pubis grinds against the clitoris, some women find this position can help them climax during sex," says Emma Waring, psychosexual nurse therapist at London Bridge Hospital. "For others, missionary is more satisfying because it's an intimate and honest way to have sex. You can read your partner's expressions, and your vaginal canal curves in the same direction as his erect penis, so it's also comfortable."

All this suggests we should be celebrating it, rather than dumping it in favour of positions that require advanced yoga training. And you can always spice it up. "Different versions of missionary work best for us," says Kate, 28, from Maidstone. "My boyfriend loves lifting my feet onto his shoulders, as he kneels in front of me. We like being able to see each other getting turned on."

"ALL MY
WOBBLY
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One question women always ask me is whether it's normal to feel insecure about how you look during sex.

Yes, it's normal, but it shouldn't be.

The bedroom is not the place to be image-conscious. If you're too busy maintaining a sultry pout or come-hither eyes, you won't be able to give yourself over to the moment. And who cares what you look like? Only you. Men repeatedly tell me that their biggest turn-on is a woman who's really

into sex, not trying to suck in her tummy or squidge herself into a flattering position.

"There are many glorious reasons why your face should be flushed red

during sex... but blushing with embarrassment at your body should never be one of them," says Durex sex expert Alix Fox. What matters is that there's a connection between the two of you, and that is more a feeling than anything visual.

"When I'm really into it with my boyfriend, I totally forget how I look," says Gemma, 21, from Bristol. "I'm sure parts of me don't look that great when we're doing it doggie-style, but I couldn't care less!"

As my boyfriend likes to point out, having access to *all* of your girlfriend's body is one of the greatest joys of sex. I *think* that's a compliment, right?



Styles are

changing.

Many

women

are happy

to go au

naturel

These days, we're so used to women not having any pubic hair that 'hairy' is even a niche form of pornography. The porn-inspired hairless look seems to have created an assumption that a full bush is 'unsexy'. But newsflash: styles are changing. Many women are increasingly happy to go au naturel. Quite right, too - we should be comfortable with our bodies as they naturally are. And if any guy tells you he finds pubic hair a turn-off, suggest he starts by defuzzing his own intimate regions. Then you'll take him seriously.

"I find that more women are coming into my salon and asking for less hair to be removed, as they find a more natural look sexier and more interesting," says Maryam Zandi, owner of MYZ Beauty Boutique in West London.

Bear in mind, it's not all or nothing. You can keep your hair neat enough by waxing every so often, then trimming in between with nail scissors. "I don't wax my bikini line as regularly as I used to – I'd rather save money for my next holiday or new shoes," says Harriet, 26, from Bristol.

If, like me, you spent your teenage years

– and beyond – watching raunchy MTV

music videos and dreamily lit films where half-naked women writhe on the floor with their sex face on, it's hard to shake off this idea that everyone else is having multiple orgasms all the time. They're not. Some women are lucky to orgasm easily, but it's not always the case. In a new relationship, it may take time to get into your sex groove. "It took me realising that I like using a vibrator on my clitoris

during doggie-style sex to make me come with

my husband, but now it happens easily," says Anna, 32, from London. In answer to another concern: yes, of course sex can be enjoyable without an orgasm. "Good sex is pleasurable in itself – there's nothing wrong with enjoying the sensations and not worrying about if you're going to come," says sex expert Nixalina Watson, who runs the Sex & London City blog. "Just discuss this with your partner, as he may also feel pressure to make you come." ▶

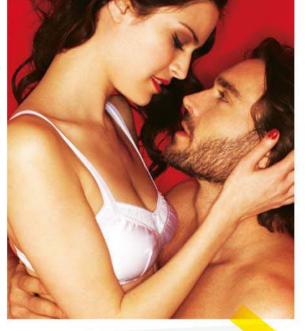




You're in good company, if my readers are anything to go by. As anyone who's been in a relationship for longer than, ooh, a few months will know, the sex-every-day phase does not always last. Here's the truth. You may not *always* want to drag your boyfriend towards the bed whenever you see him. Shock, horror, he may even feel the same. By all means, enjoy the rampant rabbit stage, but don't feel bad if you get back from work and realise you would rather rip open a ready meal than your boyfriend's pants.

It's quality, not quantity, that counts, says dating expert James Preece. "Having sex once a week, or even a couple of times a month, is enough to keep the physical side of things going," he says. It's more about what you're both happy with. "The secret is to make sure you have really good, memorable sex you both enjoy – make it count."

Jessica, 21, from Manchester, admits she has better sex if she waits for the weekend. "My boyfriend and I are often tired after work during the week, but we love having a really good, slow Saturday evening session, knowing we have time to enjoy each other's bodies properly, without worrying about the alarm going off in the morning!"



66

You may not always want to drag your boyfriend towards the bed whenever you see him



MY BEST SEX EVER... NO HANDCUFFS REQUIRED

"We were hungover as hell and had spent hours watching TV. Neither of us was looking our best – we hadn't left bed all day – but we'd been building up to it and teasing each other every so often, giggling like naughty schoolchildren. The sex was short and simple – we spooned – but I loved every minute." Naomi, 24

"We were both getting ready for work one morning, so I was in my smart work suit. I was literally at the door when my boyfriend grabbed me and told me I'd have to miss my train. We had a quickie in the hallway, standing up. Although it wasn't the most pleasurable sex I'd ever had, it made me happier than any other time – just thinking about it still makes me smile." *Pippa, 32*

"My best sex ever was simple missionary, but in a boutique hotel for the weekend – it's hard to beat the novelty of new surroundings and expensive sheets." Hannah, 23 **G**

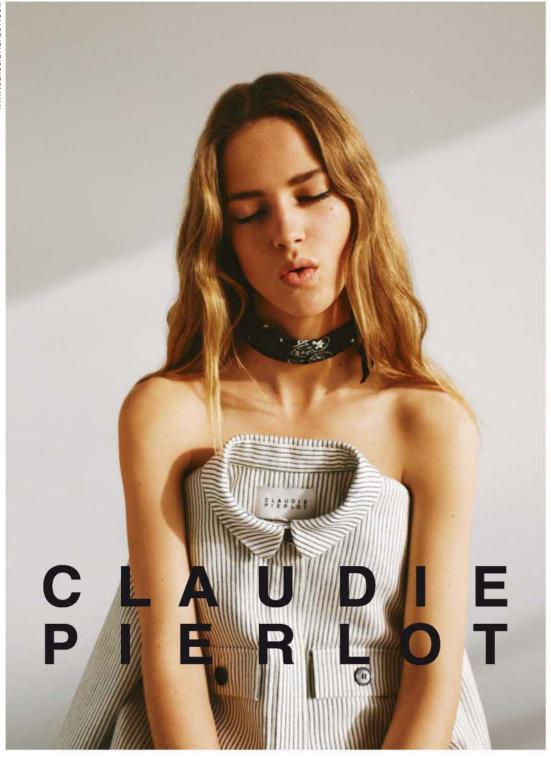
Angelica is founder of *About Time Magazine* and editor-at-large at *About Fcking Time* (aftmagazine.com). Follow her on Twitter @iellymalin

ANGELICA'S SEX IMPROVEMENT CLASS

It's easy to spice things up without going too hardcore

- Get physical Write a list of the things that turn you on, and make a vow to try each one out during the week it'll stop you getting stuck in the same sex routine.
- **2 Go back in time** Remember the first time you had good sex? Recalling the first move he pulled that really worked is a great starting point to improving sex.
- 3 Switch it up Do you usually have sex in the dark, or with the

- lights on? Last thing at night, or first thing in the morning? Whichever you do, try doing the opposite and see how it feels.
- Be in the moment Forget the gas bill and the fight you had last night. Shut your eyes and focus on feelings, sensations and emotions.
- **5** Try a sex ban Try touching and teasing each other, but resolving not to have intercourse all week. You'll appreciate it all the more.





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CLARINS



BBC sports broadcaster Jacqui Oatley explains why there's one easy way to big up women's events. Go watch some

> ugust 2012: I'm reporting from a football match at Old Trafford, It's USA against Canada, with the winner reaching the Olympics final at Wembley. I'm pitch-side, waiting to do live interviews, stunned by what I am witnessing.

The game has everything: supreme skill, quality goals, intensity and non-stop drama. When Canada's goalkeeper is penalised for holding the ball for too long, Team US scores with the resulting penalty. I see devastation and anger on the Canadian players' faces. In the last minute of extra time, the US score the winning goal and I realise it's the most thrilling sporting event I've attended. Given that I've been a sports reporter for 15 years and started watching sport around 1980, that's saying something.

Oh, and did I mention it was women's football? Maybe not. Because it's not really the point. These days, standards are higher than ever. If I had a pound for every time I heard someone exclaiming

their surprise at how skilled women's football players are, I'd be able to buy Chelsea FC. Only one thing dampened

the post-match euphoria – the fact that the stadium had only been a third full: 26.640 of us loved every moment of that game, but the capacity was just under 76,000.

And if there's a single major barrier to raising the profile of women's sport today, it's empty seats. Not just because it's hard to generate a buzz about games not drawing big crowds, but because only by being there can you give broadcasting companies the

undeniable message that there is growing demand.

Every sport is fighting for its place, in print, on screen or on the radio. And while progress is being made – there is more women's sport on TV than ever before - I've had off-the-record discussions with senior broadcast executives who admit that they are put off showing some women's events by the limited number of spectators. Part of this is because they are under pressure from other sport lobbyists. Take a niche one like darts - it has a huge following, so broadcasters need to be able to justify their decision to show a different women's event rather than an ever-popular game that's bound to draw crowds.

Once women's sport has fought its way onto our screens, only then will the money roll in to sustain it. After Sky committed to showing the Netball Superleague on Sky Sports in 2006, the league ▶

There's also the impact that spectator numbers have on the atmosphere. When I saw Team GB playing Brazil in the women's football at the London Olympics, there was a crowd of 70,000 – the largest number I've seen at a women's game. It was impossible not to be swept up by it, as everyone waved flags and hugged each other. Only with a decent turnout do you get that feeling of being part of something, the sense that the crowd is driving the game. The players are lifted by the support, and this spectator experience encourages people to come back – it's addictive.

This is why women's sport needs you to do more than just agree it should be higher on our sports agenda. My Twitter followers tell me it's disappointing that we don't show England's football qualifiers away from home. But this support doesn't change anything unless it translates into bums on seats.

I get that it's easier to send a Tweet than get to a match. But if you really can't get off your sofa, then watch a game from it. You can see the 2015 Women's Ashes, starting in July, on Sky Sports, along with the Netball Superleague (the finals are in May). On the BBC, I'll be fronting the Women's World Cup in June, while BBC Radio 5 Live Sports Extra broadcasts WSL matches.

Although voting with your remote, or choice of radio station, has a less powerful impact than being pitch-side, you'll still end up as a number in a broadcast log, which makes the point that we do care about women's sport. So let's make every game as thrilling as that semi-final at Old Trafford. But with full stands.



European Judo Championships (male and female), April 9-12

Where? Emirates Arena, Glasgow Who? Olympic silver medallist Gemma Gibbons alongside fellow Olympian and male 2013 European Championship bronze medallist Ashley McKenzie. eurojudo2015.com

> UEFA Women's Champion League Semi-Finals, April 18-19 and 25-26

Where? Depends on future matches Who? Also depends on future matches, but likely to include Bristol Academy (bristolacademywfc.co.uk) and Glasgow City (glasgowcity ladiesfc.co.uk). uefa.com

Women's Boat Race, April 11

Where? Along the River Thames, West London Who? Oxford and Cambridge universities' women's rowing teams go head-to-head in this annual race. theboatraces.org

British Swimming Championships (male and female), April 14-18

Where? London Aquatics Centre
Who? Expect Olympic swimmer
Francesca Halsall, plus Lauren
Quigley and Jazmin Carlin.
swimming.org/britishswimming/
britishgaschamps/tickets

From left Christine Ohuruogu; Sara Bayman at the Women's Netball Semi Final; Manchester City vs Liverpool Ladies

SO, YOU THINK IT'S NOT FOR YOU?

Over the years, I've

heard the same reasons for why people don't go to see female-only events, countless times. Let's address them, shall we?

It's too expensive

Nope, it can be cheaper than the cinema. To see the England vs Australia Women's Ashes cricket on July 21 (somersetcountycc.co.uk/tickets), it's £10 for an adult (£1 for under 19s). Tickets for English Netball Superleague matches start from £5 per person (tickets.sky.com/Netball/Netball-Super-League).

It's not exciting

This is a common perception and untrue. OK, women aren't as fast as men in the 100m, but it isn't always about pace. And there's nothing to stop women being as skilful as men. Look at the rise of professional sportswomen such as Jessica Ennis-Hill. Today's top female athletes are paid to train all year round. A couple of years ago, they'd do it in their spare time, on top of a job. And the more an athlete trains, the more skilful (and thrilling to watch) they become.

It won't be fun

I defy you not to have fun. It's exciting being part of this empowering sea change — in my view, the days of men dominating sports agendas are numbered. See Chelsea Ladies at Staines Town football ground, or current Champions, Liverpool, at Widnes stadium, and you can go to the front of the stand and have photos taken. The players are accessible and willing to chat.

I don't know where to go

Let me steer you towards GLAMOUR's Twitter account @GlamourMagSport. It's Tweeting all the women's events coming up, plus updates about female sports stars. Elsewhere, find football at fawsl.com, and try netballlondonlive.com, british-gymnastics.org, swimming.org and englandhockey.co.uk. ③

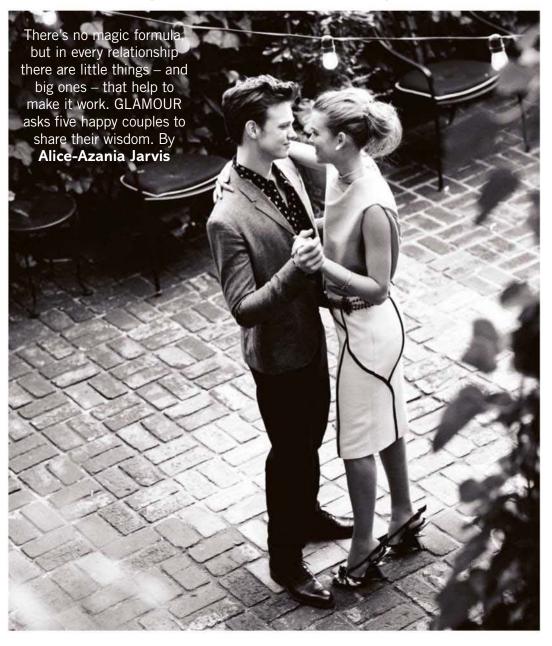


GLAMOUR's Say No To Sexism In Sport campaign aims to raise the profile of women's sport, lobby for more coverage in mainstream media and increase the number of women taking part at all levels. Get involved and tell us what you think at @GlamourMagSport #GlamourSport





"HOWWEMAKE LOVELAST"



G RELATIONTIPS

THE CHILDHOOD **SWEETHEARTS**

Jess Shanahan, 26, blogger and social media consultant, and Ben Hastings, 29, web developer, from Norwich

Jess "Ben's my best friend. He was the older brother of a friend and I thought he was cute and nerdy when I was 16, so asked him out. We've stayed together ever since. We know each other so well, we can tell what the other one's about to say just by looking at them. We share hobbies, like binge-watching sci-fi shows and playing video games, but we're also different enough so it's not boring."

Ben "I like the way everything is on the table with Jess. It encourages me to be open, so if I'm feeling grumpy, I'll always say. If I'm stressed, she calms me down." Jess "Of course, we do argue - mainly about mess





really important. I find the more we see each other. the better we

get on. If she's had a rubbish day, I'll try to cheer her up, giving her a foot rub. I appreciate her, every single day."

out and do

fun things

together 99

around the house. But over the years, we've learnt to meet in the middle, rather than try to change each other. Now I make an effort to be tidier, and he tries to be more relaxed about it." Ben "Sometimes we end up bringing our stressful work days home. Then it's about recognising why we're snapping at each other, and that these gripes aren't

> Our No1 secret Communicate your feelings as honestly as you can, and plan fun things to do together - whether it's dinner or

a day out.

THE **NEWLYWEDS**

Lauren Stanley-Evans, 28, midwife (left), and Sarah Stanley-Evans, 30, retail worker, from Birmingham

Sarah says "Lauren and I were set up by friends - I was given her number and we met for a drink. It was clear straight away that we'd hit it off - I loved her confidence and positive outlook on life. That was ten years ago, 66 We go

and this summer we celebrated our first wedding anniversary. We think it's important

to never take our relationship for

granted. On Thursdays. we go on a 'date' to a restaurant, bar or the theatre - we chose this day because our first ever date was on a Thursday. We both love travelling, so we're always planning our next trip. Since our wedding, we've already been to Mexico, Iceland, Morocco and America. We make an effort to go out and do fun things, not just stay in watching TV together." Lauren says "When we first got together, Sarah was living in Birmingham and I was studying

in Leeds. I spent a lot of time travelling up and down the motorway - but I never questioned it. I just knew Sarah would be part of my future.

Every morning she wakes me up with a cup of tea. And no matter what mood we're in, the first thing

> we do when we see each other after work is hug and kiss and ask how the other's day was - it's important to remind each other what really matters in life.

I still think she's the most beautiful person I've ever met. If we're going

out, I'll get dressed up and put on make-up. Making an effort shows the other person they're special."

Our No1 secret

Remember what you loved about the person when you first met and find ways to show them you still care.



THE FRIENDS-

Katie Lyttle, 32, food entrepreneur, and Matthew Geary, 29, ecologist,

Katie says "Matt was a friend's flatmate. I had a boyfriend when we met in 2009. We hit it off, but it wasn't until my relationship ended a year later that he asked me out. I liked him, but it was the effort he put into our first date that really impressed me.

I'm gluten-free, and don't drink, so he took me to a gluten-free Chinese restaurant, then an alcohol-free cocktail bar. He's always like that,

going the extra mile. Even now, he rarely comes home from the shops without a little treat for me, like chocolates, which makes me feel special. And it makes me want to do something nice for him - Matt loves real ale, so I'll pick out new ones for him to try. In previous relationships, if I was upset about something, I'd shut down and keep my thoughts to myself. Now I talk things through with Matt - he's helped me open up." Matthew says "Being friends first is one of the things that makes our

relationship special. We got to know each other and knew we genuinely liked each other as people – before getting together. There was no pressure and it felt natural.

We're always trying to find ways to make life easier for one another - I'll get home from work and find

Katie's made a dinner with extra portions so that I can take it in for lunch the next day.

At the weekend, I get up and make her breakfast. And we're very tactile - we'll always hug when we see each

other, and cuddle up on the sofa. But we have our own social lives. too, and it works that

we can do our own thing without feeling we're letting down the other person by not being with them."

66 We're

very tactile,

always

hugging 99

Our No1 secret Put yourself in each other's shoes and think of ways to make one another happy.

FIRST COUPLE

from Chester

THE UNEXPECTED COUPLE

Helen Aquinol-Tobin, 29. web agency head of projects, and Ryan Green, 31, hotel general manager, from London

Helen "I've always been career-minded, and not too bothered about relationships. Then, 18 months ago, Ryan – who was a friend of a friend - needed a place to stay and I said he could crash on my sofa. Falling for him took me completely by surprise. After a few weeks, I realised how upset I'd be if I found out he was seeing someone." Ryan "So I was upgraded from the sofa to the bed. Seriously though, we work

well because we both work hard, but we're committed to finding ways to spend time together - we'll often



66 He brings me Haribo at my desk 99

importantly, she laughs at my jokes, no matter how bad."

chores - I do the

cleaning and

maintenance

of our flat and

she does the

cooking. Most

wait until the other's finished at the office and commute home together." Helen "If I take work home. he knows not to bother me. but he'll bring me Haribo at my desk - little touches like that make a difference. At the weekend, we'll pick up croissants and have a lazy breakfast on the sofa, hanging out and talking about the week." Ryan "I like that we're a team. We share

> Our No1 secret Surprise each other with regular treats, however small, just to keep that feeling of newness and excitement.

112 GLAMOUR



THE WEEKEND COUPLE

Matthew Field, 34, film marketing producer, and Philippa Field, 31, HR assistant, London and Bournemouth

Matthew says "I was friends with Philippa's older brother and was drawn to her personality – she's so warm. We just clicked and started dating in our late teens. After we moved to London, Philippa fell pregnant. She wanted to raise our daughter, Sophie, near our families in Bournemouth, but I needed to be in London for work. So we bought in Bournemouth and decided that I'd rent during the week and come down at weekends.

To make this work, communication is crucial. We talk or Skype at least three times a day. At the weekend, it's quality time. Friday night is ours – Philippa will do dinner and put Sophie (who's now three) to bed. We'll eat, drink wine and catch up, just the two of us. Being apart during the week makes this time feel really precious. Saturday night we'll often see friends, and then Sunday we'll put Sophie to bed together and I'll make dinner.

66 We give each other space to be our own people 99 I appreciate that Philippa has given me the freedom to carry on my career, but living like this also allows us the space to be our own people, and that makes our relationship stronger."

Philippa says "We've always been on the same wavelength. Being apart all week may sound like an unusual set-up, but it works for us – I work two days a week and am busy with Sophie on the others. My mum and Matthew's parents help look after Sophie, so I don't feel like I'm doing it alone. And I like to have me-time in the week. In the evening, I can relax and watch what I want on television, or have friends

round. I can't say I've ever felt jealous of Matthew up in London – if I've had a full-on day with Sophie, I just say so. He's a great listener and very appreciative of what I do."

Our No1 secret
Quality time together is
important, but try to stay
true to yourself – don't lose
your sense of who you
are individually.

WHAT THE EXPERTS (REALLY) DO

Air grievances honestly

"If something's bothering me, I won't let it sit and fester. I choose a moment when my partner and I are both in a neutral mood – over breakfast, say – and talk about it in a measured way," says relationship psychologist Mandy Kloppers. "I'd use something called an 'assertive script' – that is, statements that begin with 'I' – 'I'd like you do to this', rather than saying, 'You never do this or that'. That way you avoid blaming the other person."

Focus on each other

"What I find helps a relationship is just making the effort to sit down together for a meal, at least twice a week, with your mobile phones switched off," says Christina Fraser, Coupleworks counsellor. "Phones have become a significant other, taking your attention away from each other – if you're scrolling through a screen, you're not in the moment, you're distracted."

Learn to say sorry

"If I'm wrong, I generally try to own up to it," says Andrew G Marshall, author of What Is Love?: 50 Questions About How To Find, Keep, And Rediscover It. "I can't tell you how powerful an apology is. For example, 'I'm sorry I was grumpy last night.' It says you noticed that was what you did, and maybe you were tired or down, but actually you realise you shouldn't have taken it out on your partner."

Work out each other's language of love

"Some people appreciate acts of service, like your partner cooking dinner, while others prefer receiving flowers or being told they're loved," says Mandy. "If we take the time to find out what our partner appreciates, we'll know how to make them feel special. Likewise, understand that your partner may have their own way of expressing their love, which might be different from yours."







She's had live-on-air death stares from a pop star, caused a Twitter storm with J-Law and ripped her dress in half while reporting at the Oscars... **Giuliana Rancic**, host of E!'s *Live From The Red Carpet*, shares her

life lessons from 12 years on the

front line of entertainment reporting

Illustration by John Ueland

Get a stylist

"The first red carpet I did was the Emmys in 2002. I'd just started at E! and I didn't have a stylist. I ended up wearing a green dress that hung on me like a sack. I hated it, so I thought, 'I'm going to jazz this up and do something different.' So before I hit the red carpet, I took off my heels and put on cowboy boots. The producer saw the first shot of me, as I went live, and started yelling, 'Someone get there and put her in heels! This is terrible, what is she doing in cowboy boots?!" After that, I got a stylist.

G CELEBS

Always have an umbrella handy

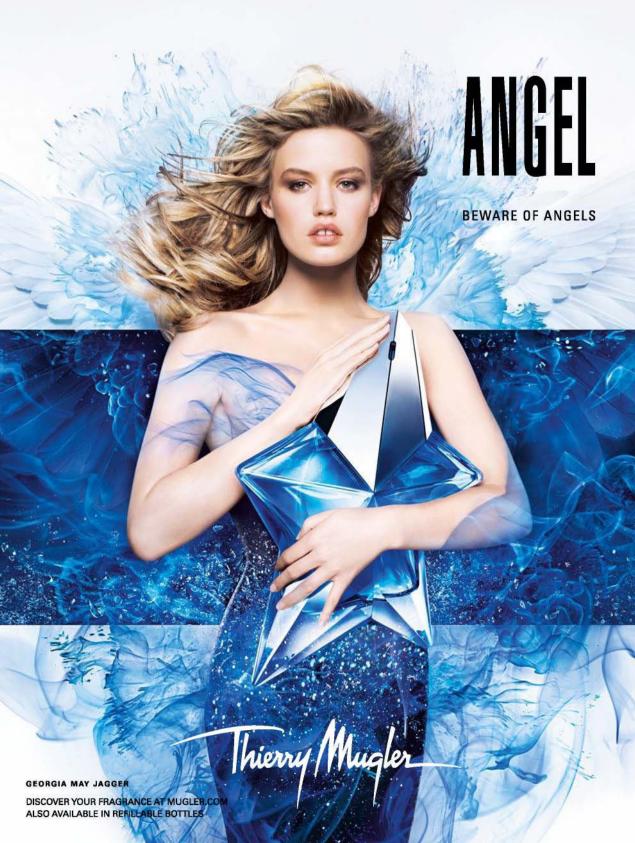
"In 2010, it was pouring with rain at the Golden Globes. All the actresses. had to pose with an umbrella and it was just awful. Awards organisers tend to resist tenting the red carpet because it takes away from the glamour, so they'd rather take a chance and hope it doesn't rain. Of course, sometimes it backfires and then you have people running round putting heaters on the carpet, trying to dry it out, and it's chaos."



Don't over-prepare

"I watch all the nominated movies before an awards show - mv husband's favourite part of my job is when I bring home all the preview discs. E! also gives me and my co-host, Ryan Seacrest, these binders with research and prepared questions; Ryan reads it all, but I'm more relaxed. I like to be a little less prepared, because then I notice little things – like Amal Clooney is wearing gloves that maybe don't fit perfectly. I wouldn't notice those details if I was fixating on my notecards. Basically, the more under-prepared I am. the better."







Don't worry if a celeb is frosty

"I was interviewing Adam Levine at the 2012 Golden Globes, and there were rumours he'd split from his girlfriend. Obviously, I had to ask him about it - I'm an entertainment journalist, it's my iob. But he was definitely not ready to talk about it; you could tell by his body language he was not happy with my questions. People were commenting on Twitter and tagging us, saying things like, 'Urgh, this interview is brutal.' People would think that would faze me, but it doesn't. You can't win them all. As soon as I realise a celebrity doesn't want to be there, I wrap it early and send them on their way. Someone looking uncomfortable equates to bad television."

It's all about social media

"I walk onto every red carpet with my fingers crossed that I'll get a headline that day. It can be positive, negative - I don't care, as long as I'm trending. That's the goal. I remember I was interviewing Jennifer Lawrence at last year's SAG Awards - we were zooming in on her Dior dress with the Glam Cam and she goes, 'Oh my God! Look at my armpit vagina!' about the fold of skin between her armpit and her dress. Some reporters would be horrified and try and change the subject, but I went with it and we kept talking about her 'armpit vagina'. Next thing I know, my assistant is showing me her phone: number one on Yahoo Trending is 'Jennifer Lawrence says armpit vagina to Giuliana Rancic.' I was like, 'Yes!'"

Turn a fuck-up into something funny

"We were just about to go live at the Oscars in 2014 – and of course the Oscars are a Big Deal – when the audio guy went to zip my dress back up after replacing the battery in my mic pack and the entire side of my dress split open. I had three seconds to make a decision: either hide it and be mortified, or acknowledge it and bring the audience into the joke. Ryan got some masking tape and was trying to fix it in front of the cameras. It wasn't embarrassing, it was just funny. After over a decade doing this job, nothing embarrasses me any more." ©

"About a year after our awkward interview, I saw Adam on a flight to Mexico. He apologised for being in a bad mood and I apologised for bringing up the break-up. We hugged it out."

Interview by Hanna Woodside. Photographs: eonline, Getty Images, Reuters, Flynet, YouTube, Rex Features, Alamy



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"A REAL WINNER"

Connie M, Glasgow

00000

"IT'S HEAVEN ON A SPOON"

Angela W, Stockport

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"The surprising way I survived tragedy"

Laura Caudery was a new bride and a new mother, when she suddenly faced the ultimate nightmare.

She tells **Katreen Hardt** about learning to face the future – and the unlikely event that saved her

hen I think of my husband, Paul, I still see us sitting in the sun on the beach, having a beer and a glass of wine, with our son, Alfie, playing in the sand nearby. We'd come to Brighton on a day trip, a little over a year after we'd got married, to celebrate Alfie's first birthday.

The day couldn't have been more perfect. Alfie was on great form, giggling all day and snoozing on the way home, and we had a chance to chat properly, discussing our plan to take a delayed

honeymoon. I remember thinking, 'Does life get any better than this?'

Only a few days later, I was in a hospital room, deciding when to turn off Paul's life-support machine. How could this be happening? We had our whole lives ahead of us. I was only 32 and suddenly facing life as a widow and a single mum.

Paul and I first met on an IT course, in Slough, back in 2007. I was 27 and working as a marketing assistant. Although it wasn't love at first sight ▶



Above Laura with Alfie today; right Laura and Paul's wedding in 2011

G REALITY



The couple met in 2007 and soon started dating; below together at Alfie's Christening

■ – he was eight years older, 6ft tall to my 5ft 3in – we got chatting and slowly, a few months on, started dating.

It wasn't just his beautiful blue eyes that I loved – he also really knew how to make me laugh. He always took things too far. When I expressed an interest in having a kitten, he bought me two enormous long-haired cats – his idea of a joke.

And I'll never forget the time we were browsing a posh furniture showroom and Paul snuck upstairs to hide in a cupboard.

He was planning to jump out at me, but ended up startling a sales assistant. Really, Paul was a big kid, who encouraged me to have fun, be silly and stop worrying about what everyone else thought. Before I knew it, I'd fallen in love.

In 2009, we bought a house in Berkshire



we knew we wanted to spend the rest of our lives together.
When Paul proposed, a year later, it was typically low-key.
He announced that we should probably buy rings, as he wanted to marry me.
I didn't want to scare him off by

shouting from the rooftops, but I could hardly contain my excitement. A week later, we found out that I was pregnant.

It wasn't planned, but Paul, being 39, had wanted to start a family right away. He said it was perfect and immediately started talking about how he couldn't wait to meet our baby. I was happy too, but it was a lot to take in, and my first response, Paul teased, was to start buying everything on every baby list I'd ever read.

PLANNING OUR FUTURE

We only gave ourselves four months to organise our wedding, wanting to be married before our baby arrived. It was stressful, but it was also the start of a business idea.

We chose to get married at Fetcham Park, an 18th-century country house in Surrey that my parents had bought 15 years ago, but rented out as office space. I came up with the idea of running my own wedding venue after being unable to find one I liked, and we saw our own wedding as a trial run. If all went well, my parents were happy to let us use Fetcham Park as the location for our new business.

On the morning of our wedding, snow covered the ground, giving the day a winter wonderland feel. Admittedly, I wasn't the most relaxed bride-to-be, not helped by being six

66 We felt like our life as a little family was just getting going **99**

months pregnant. I remember having my hair and make-up done and crying when I realised I'd forgotten to get a manicure.

The snow also meant lots of guests were delayed and some couldn't make it at all, but walking down the aisle, on my dad's arm, none of this mattered. The moment I stood in front of Paul, it felt like it was only the two of us there. I can still see the look in his eyes, the way he held my gaze as he said his vows. He was just bursting with pride.

The following March, in 2012, Alfie was born and we felt like our life as a little family was just getting going. Paul was so excited about all the things we were going to do with Alfie as he grew up. But two short weeks later, things started to go wrong. Paul was made redundant from his job as an IT consultant and Alfie was diagnosed with silent reflux, which causes a back-up ▶





superdrug.com



◀ of stomach acid. He had to be held upright at all times and cried non-stop.

For the next three months, I spent my nights tending to Alfie, while Paul took care of him during the day. All the while I was trying to launch Fetcham Park as a wedding venue. It was a horrendous time, we were both exhausted.

I comforted myself with the fact that these things were the normal kinds of challenges lots of new parents face. But then, at Christmas, Paul started complaining about heart palpitations. He kept saying his heart felt like it was racing, like it might burst out of his chest, despite doing nothing to bring it on. But doctors weren't concerned – he's young, they said. He's just tired.

Tests done at a local hospital to monitor Paul's heart rate were fine, so we felt we had no other choice but to brush it off and carry on. Still, it was disconcerting.

Then in March, Paul said he wasn't feeling well. He was lying on the sofa, when he got up to use the toilet. The next thing I knew, he'd collapsed on the bathroom floor. I ran to help, but he was making these awful noises, so I frantically dialled 999.

Eight minutes later, the ambulance arrived and rushed Paul to intensive care. I was in shock. I'd never been in an environment like that before, and seeing Paul in the hospital bed with all those tubes, I actually thought he looked fine. It was too hard to comprehend that he wouldn't get better.

MY LIFE FELL APART

But the following morning, a consultant told me that Paul was the most critically ill person in the hospital. Only then did I truly realise how this was going to end. The doctors explained that, for no apparent reason, he'd had a cardiac arrest. His heart was restarted using a defibrillator, but an MRI scan showed that there was no brain activity.

An hour before we decided to turn off the life support, I lay in bed with Paul, trying to get my head around the fact that it was going to be the last time I'd ever hold him. I felt numb, but also surprised by how strong the impulse was to be strong, to step up as a wife and mother. There were decisions to make about the funeral, Paul's friends and family needed to be told, then there was Alfie, who'd still need trips to the swings and evening baths.

Over the following weeks, my life crumbled. I hardly slept. I lost weight and struggled

with depression. I was overwhelmed by the thought of parenting on my own, and worried about the decisions I'd have to make about Alfie's future without Paul's input. I kept wondering if there was more I could have done to save him. But the doctors said that even the post-mortem had proved inconclusive,

suggesting that more extensive testing wouldn't have revealed a problem.

My parents were a great support, as was my friend, Emma, who'd also lost her partner. She didn't sugarcoat anything, she simply listened when I needed to talk. She never said "I'm sorry", which was the last thing I wanted to hear — I found people's pity didn't make things easier. The only thing that put a smile on my face ▶



Fetcham Park in Surrey, where the couple got married – and the venue Laura now runs

66 I kept wondering if there was more I could have done to save him **99**





Even in the darkest moments, Laura finds Alfie can always make her smile

■ was Alfie, so I started taking pictures of him every day, documenting his life. It made me feel like I was being constructive. I told Paul's friends to write Alfie letters, recording as much detail as possible about Paul – like the gigs they'd been to together. I didn't want his memory to fade.

THE RISK OF CARDIAC ARREST

Sudden death from cardiac arrest in people under the age of 40 is very rare, and often due to hidden heart defects or overlooked heart abnormalities. Laura is supporting Cardiac Risk In The Young (CRY), a charity that aims to reduce the number of deaths by funding screening and research. For more information, visit c-r-y.org.uk

At first, I had low expectations – it was a question of surviving each week. But slowly, I learnt to appreciate the little things. I'd try to find something good in each day that had given me a fleeting sense of happiness, whether it was listening to Alfie's laughter or sitting in the garden watching the sunset.

After a month, I felt strong enough to return to work. It never really occurred to me not to go back. I knew it would

be tough to immerse myself in the fairy-tale wedding plans of others – after all, it was my job to help people plan the wedding of their dreams – but I felt emotionally invested in the couples who'd chosen Fetcham Park as their venue. And I desperately needed a distraction.

The first wedding we hosted after my return surprised me, because it actually made me feel *happy*. I could put my emotional stuff to one side and focus on another couple's love for each other. I've realised how cathartic it can be to plan someone else's life, even while your own feels like it's falling apart.

Of course, there are days when my job is a bitter reminder of everything I have lost, but

I don't feel jealous of other couples. If anything, being surrounded by that love gives me hope that one day I could be happy again, too.

THE REAL MEANING OF MARRIAGE

Today, I'd say I'm much more compassionate when speaking with couples – but I'm often quite blunt, too. I tell them how it is; I explain that a wedding is about their marriage, and encourage them to look at the bigger picture. That they shouldn't be stressing about whether the ribbons on the napkins match the waiter's tie or how their wedding pictures will look on Facebook. They need to be realistic about how much money they want to spend, and remember to focus on what the day truly represents.

Because it's not just about the couple's love. I've learnt that a wedding reflects a father's love for his daughter or a mother's pride in her son just as much. However painful it has been to lose Paul, my wedding was also a chance to celebrate all the relationships in my life.

Although I thought I'd never fall in love again, in 2014 I met Steve, 41, a single dad, who has reminded me how to laugh. We've been dating for nine months and it's lovely to have a degree of joy back in my life. Of course, Paul will always be present, but I've grown to appreciate the time we had together. There was so much purpose to everything we did.

First there's Alfie, who reminds me more and more of Paul, with his cheeky sense of humour. There's also the business that I launched with his support – we're doing well and watching it take off has made me incredibly proud, as it would have done him.

Every time we host a wedding, I'm reminded of Paul, especially during the moments when everyone is wishing the bride and groom many years of happiness. But now I'm no longer sad – I feel genuine joy on their behalf. And when I do, I hold tight to that feeling.

DO SOMETHING LOVELY

Last year, Laura started #sharethehonestlove on Instagram to encourage people to share their most emotional wedding pictures, reminding us that getting married is a chance to celebrate life and love. The hashtag has spread to Twitter and has had over five million views — and you can join in too. Whether you were the bride or a guest, Tweet us @GlamourMagUK adding #sharethehonestlove



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"My fashion heaven & hell"

GLAMOUR style columnist **Ashley Madekwe** tries six new-season trends (including some she wouldn't *normally* give closet space, just for us!)

o one loves clothes quite like Ashley
Madekwe – and, as someone who sees
leopard print as a neutral, she couldn't
have been more excited about some of this
season's key offerings. But even a fashion blogger
sometimes needs to get out of her comfort zone,
so we made a deal. The pay-off for getting to style up
some of her favourite wardrobe staples? Experimenting
with three trends that she habitually swerves. Can
we convince her that she *can* do florals?





G COLUMNIST



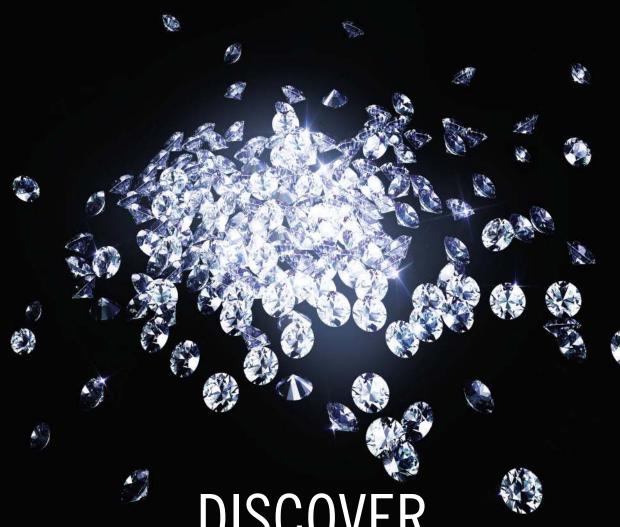
BOHO

"To me, boho usually means fussy

- fringing, paisley... too much going on. But the fit of this dress made me love it. I could style it in a way that was boho but still true to my look. I might have to rethink my 'no boho' stance!"

Chiffon maxi dress £69.99 Mango; glasses Ashley's own **G**

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No matter where you are and what you're doing, your hair shouldn't stand in your way. We've all had to deal with seriously bad hair days — but it's time to take control! A frizz-free revolution is finally here, and it's all thanks to the new Frizz Ease Forever Smooth range from the brand John Frieda. This hair-saving collection comes with a unique formula of coconut oil and Frizz Immunity Complex. The formula smoothes the hair instantly while also building its immunity to frizz. And our new secret weapon? The groundbreaking Frizz Ease Forever Smooth Anti-Frizz Primer. This little beauty works hard as the perfect base for any smooth style. So every day is a good hair day, whatever you have planned...

There's nothing worse than stepping into the office with frizzy hair. How do I beat the rain-soaked blues?

Arriving at work with frizzy, limp hair is every girl's nightmare. Our advice? Give your 'do extra time on rainy days. Wash with Forever Smooth Shampoo and Conditioner. Squeeze out moisture (but don't towel-dry) and apply Forever Smooth anti-frizz Primer. Then blow-dry smooth using a round-barrel natural bristle brush. Pop Forever Smooth anti-frizz Primer into your bag to tame any flyaways at work.



Going to the gym is hard enough without having to worry about what my hair looks like. Even if I scrape it back into a ponytail, frizzy wisps still escape. Any ideas on how I can tame them?

Step 1. Rub a little Forever Smooth anti-frizz primer into the hair and brush through. Step 2. Divide hair down the middle and plait into two tight side braids. Trendy and glossy — ta-da!







Even when I've finished blow-drying my hair, it looks frizzy. What am I doing wrong?
Frizzy hair is super hard to manage, but by regularly

applying the anti-frizz primer to wet hair before you blow-dry, over time your hair will become frizz free and much easier to style. Bonus tip — always make sure to blow-dry from the roots towards the ends.

Stepping off the plane at my holiday destination is a nightmare – for the first couple of days, my hair is completely out of control. Help!

Good travel hair is all about good prep. The Forever Smooth range is the perfect way to start your holiday frizz free. And the lightweight formulation in the anti-frizz primer means your hair won't be weighed down or greasy. In-flight, keep hair away from your face with a loose elastic or kirby grips. An hour before landing, secure hair in a stylish high ponytail and voilà!

Some days I don't have time to spend hours on a glossy 'do. Any tips for a frizz-free style?

We love a low-slung bun. The trick is to keep it looking glossy. After washing hair, comb anti-frizz primer from mid-lengths to ends and blow-dry. Pull hair back, securing with a band at the nape of the neck. Taking a few clips, twist the pony around the hair band and secure. The primer penetrates and coats the hair fibre, so your hair still looks great days after washing, whatever style you want.

Expert ADVICE

Kerry Warn, International Creative Consultant for John Frieda, gets serious about frizzy hair solutions

hen it comes to beauty, we like to go straight to the experts - and you don't get any bigger in the world of hair than stylist extraordinaire Kerry Warn. With a career spanning four decades, and over 200 Vogue covers under his belt, Kerry has worked with all the top models. designers and photographers in the industry, earning the title 'best hairdresser in the world' by none other than Nicole Kidman (#faint)! With all his creative expertise. John Frieda brought Kerry on board as International Creative Consultant,

Frizz Ease Forever Smooth Anti-Frizz Primer RRP £9.99, Frizz Ease Forever Smooth Shampoo RRP £7.99, Frizz Ease Forever Smooth Conditioner RRP £7.99

and he works as a brand

ambassador for the Frizz Fase

Forever Smooth range, a trio of





For me this is the next generation of styling for frizzy hair

Kerry Warn, John Frieda International Creative Consultant

products he seriously believes in. We wanted the full low-down on this exciting hair revolution featuring a shampoo, conditioner and the breakthrough anti-frizz primer, so we grabbed Kerry for a quick Q&A...

Where does frizz come from?

Frizz comes in many different forms — some people who are born with naturally curly hair are prone to it, but it can also be created through chemical or heat abuse, for example with over-styling.

The anti-frizz primer is something completely new to the market. What exactly does it do? And when do I use it?

For me this is the next generation of styling for frizzy hair. Just like a beauty primer, it ensures your style lasts and looks great for even longer. Use it after you have used shampoo and conditioner, but before you dry.

My hair is only frizzy sometimes

- will the range still work for me?

Because the primer is so lightweight, it's able to block out any type of frizz without weighing the hair down or making it greasy. I don't want frizzy OR greasy hair — how do I keep the right balance?

Start by shampooing the hair (use only a

ten pence piece-sized blob of shampoo), then add more to the lengths if you need it. You may find you only need conditioner on the ends, especially if your hair is fine. And make sure you rinse thoroughly before applying your primer. Also remember that all you need is one pump to style. I don't have a lot of time to get

ready — how do I keep my hair frizz-free and still looking great?

Concentrate on the crucial zones — around your face and the top of your head — rather than trying to do a full look. Smooth flyaways around the hairline and crown of the head and then use a tong to add a curl to frame the face.

Any extra anti-frizz tricks? Are hairdryers a no-no?

Hairdryers are great for creating a smooth look — you need the heat to get gloss and shine. I would say avoid towel-drying, because it will take the product out of your hair. Instead, squeeze the moisture out of the hair and then apply the primer.

The John Frieda Frizz Ease Forever Smooth collection is available exclusively at Boots. Visit johnfrieda. co.uk for more information



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mezighn

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"Marriage is a difficult promise to make"

There's nothing Bridget Jones about Celia Imrie. The Second Best Exotic Marigold Hotel star tells Celia Walden about men, the state of English TV and 'doing' Hollywood

he may be the world's second most famous Celia, but Ms Imrie is definitely a national treasure. Over some of the fanciest French food in London, the Surrey-born 62 year old talks "bigger buns", damehoods and cosmetic surgery - and explains why Jack Nicholson is the only man for her.

CW First, I want to clear one thing up: you are not the most famous Celia in the world. CI [In mock astonishment] Don't tell

CW [Laughing] No, not me, but Celia Lager: an organic Czech premium

Where La Petite Maison, 54 Brook's Mews, London W1K 4EG

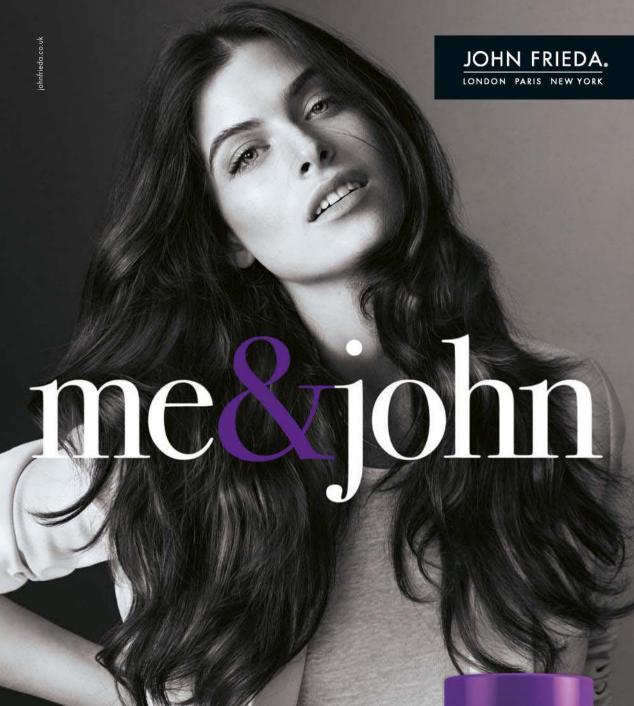
Celia I ate salade niçoise and whole sea bream Celia W ate salade niçoise and gnocchi

with cherry tomato

beer. Google Celia - it's the first thing that comes up, then you, then me. CI [Horrified] Is that true? Actually, that's interesting because the other day I was in the Selfridges foodhall and I saw Celia Lager there. I had to get myself a bottle, obviously, because I'm that vain and you know what? [She leans in and narrows her eyes] It's alright, but it's certainly not any better than me or you. CW I thought not. Shall we ask if they have Celia Lager here?

CI I very much doubt it...

[We both try our best to ignore the owner of the restaurant, who is excitedly telling all the staff that Celia ▶



Together, we can Miraculous Recovery, an inte

sive, hair-transforming deep conditioner by John Frieda, gives hair a se ance. Strand by strand, hair is nourished, comes back to life, smooth

Me & John & Miraculous Recovery. To

*with continuous use



Miraculous Recovery

DEEP CONDITIONER AMINO REPAIR

LUNCH DATE

■ is "the one from *The Best Exotic Marigold Hotel*"]

CW Which one line do people always quote at you when they recognise you in the street?

CI [Wearily] "Bigger buns", generally...

CW Have you got used to your bosoms over the years?
CI [Smiling] Yes, but it has taken a long time. These days I can make jokes about them, but for years I was embarrassed... and I wouldn't mind the "bigger buns" thing, but I've decided that now I'd rather like to surprise people with the roles I choose, you know? Do something different.
CW I can see that. You might not want to be 'the nation's favourite aunt' any more...

What I'd rather like is to play a murderer, because horrible parts are always the best ones. **CW** What with our current appetite for crime dramas, you could probably have your pick of roles.

Did you like Broadchurch?

CI No, I really don't, funnily enough.

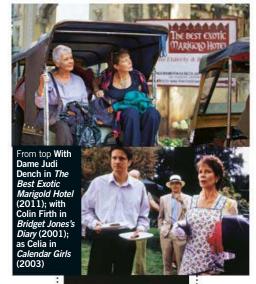
CI [Frowning] I'm afraid not – I found it all rather grim. Also rather boring. Quite frankly, I think English television is rather boring in general these days. I'll sit there shouting, "Get on with it!" at the TV, because things just move so slowly. American TV, on the other hand, is absolutely brilliant at the moment. Nashville, House Of Cards and Homeland...

[Photographer Eyes to the camera, girls.] CI Can I check my lipstick, rather vainly? CW Oh, you're right. Me too. All that oily salad dressing means you end up with Clown Mouth: all your lipstick around the outside of your mouth and none on your lips.

CI [Shaking her head sadly] Clown Mouth is the end. Please don't let me have it at any point during this interview, OK?

CW Deal.

CI The thing about Clown Mouth is that it makes you look both slutty and old.



"I'd like to play a murderer,

"I'd like to
play a murderer
because
horrible parts
are always the
best ones"

CW Not a good combo...
CI I'm relying on you.
Now, where were we?
CW I can't remember. But do you know that when I did Rupert Everett for Lunch Date, he quite understandably insisted on not being photographed while eating?
CI I love Rupert.

CW So do I. I love that he was brave enough to say that coming out in Hollywood massively impacted the number of roles he was offered. And it's so unfair, because I bet it wouldn't

be the same with any female actress who came out...

CI Very good point.

CW Why can't people suspend disbelief, though?

CI [Shrugging] I know. I mean, we're acting, for God's sake... it's like the whole Bill Cosby thing. Some people actually believed that Cosby was the character he played.

CW It must be frustrating when people

CW It must be frustrating when people do that to you.

CI Oh, it is. That's why I went out to LA recently and got myself an agent and a manager. I'm hoping to break the mould. CW Is it true that when you went out to LA after having done Calendar Girls, you were told to have cosmetic surgery if you wanted to get roles in Hollywood? CI [Laughing] Oh yes. I had all these meetings in LA and they said, "You know, you're going to have to have some work done." But where do you start – or stop? Not that I would consider it anyway, because I'm too much of a coward. But, you know, the screen can be very cruel. Sometimes when my face is up there in HD, I'll just think, 'Oh, lord - how embarrassing.' We all felt that when we watched The Second Best Exotic Marigold Hotel back. But you know, those films could never be made in America, because nobody has any wrinkles. And actually I'm lucky to be the age that I am, simply because I get to be in great films, so I can't complain. Not that I'm enjoying ageing very much...

CW No?

: CI Oh, I absolutely hate being the age

LUNCH DATE

◀ I am. because I feel 26. That's the age I'm stuck at. CW A friend of mine in her sixties once said that she remembers the moment that men stopped whistling at her in the street... CI Oh. I'm thrilled if I'm whistled at. Of course I am. CW You don't

find it belittling?

CI [Shaking her head] God no, we should be so

lucky. People have become so moany. I mean, I'm not mad about being called love or dear, but I quite like darling. And really: lighten up everyone. There's enough horribleness in the world. Let's just have a nice time, shall we? CW I know you get asked a lot about

this, but do you ever regret not getting married? CI [Firmly] I don't. Not that I don't admire

people who do it, but I genuinely think that it's a very difficult promise to make. CW And there's nobody out there who

could change your mind?

CI No. But I'm very lucky to have my son. I would have regretted not having him.

CW But if you could spend - not a lifetime - but one night with any man...

CI [Cutting in briskly] Jack Nicholson. CW [Laughing] Good choice. I feel like none of the young leading men of Hollywood have that naughty quality any more...

CI Absolutely not. And they should have. But if Jack Nicholson read this article and got in touch... [A slow grin spreads from ear to earl... oh veah. I mean, if vou watch Jack on screen, he's kind of like a lunatic, but I love that. I aspire to be like him. Also, he doesn't take himself too seriously and I'm so bored by all these people who take themselves too seriously. **CW** Which brings me to my next question:

why on earth are you not a dame yet? CI [Smiling] Yes, quite! Oh, I'd be so thrilled. But at the same time who really cares? I was just saying to myself this morning, "I'm jolly lucky and I'm

very determined." CW I don't think one has nothing



"I'm so bored by all these people who take themselves too seriously" to do with the other... things don't just happen, do they? CI Quite. The number of times I've heard people say, "I'm going to write a book one day." Well, I've run out of 'one day's, which is why I wrote my novel, Not Quite Nice. I'm running out of time in which to do the things I want to do.

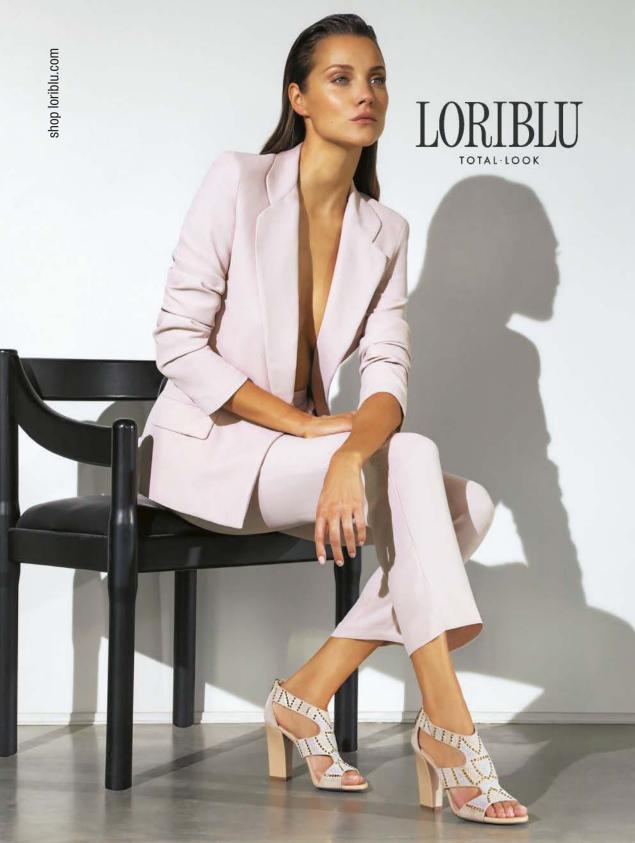
CW Do you feel that women have changed

a lot in the course of your lifetime? **CI** [Frowning] One thing that does surprise me is how regimented the children's section of department stores is now: the girls' side will be wall-to-wall pink and the boys' green, blue, orange... I mean, what's happening? Even fully grown women favour pink and all have long hair. No offence [she laughs], because of course you're in pink and have long hair...

CW You're just lucky I left my tiara at

home today... but I know what you mean. CI Seriously: where are the tomboys of our generation? And this whole thing of calling little girls 'princesses' is just so terribly wrong. Why are people made to feel their genders so firmly from the beginning? It can't be a good idea. CW But in general you think women are better off now than when you were young? **CI** I grew up in the generation that fought for women's rights and I don't think I would particularly call myself a feminist, but we did work quite hard. Which is why I think it's outrageous that women are still paid less than men. And why it makes me cross when young women get all fey and weak about asking for pay rises or their dues. I'm not tubthumping and I can admit to having had real smashes of confidence as both an actress and a woman at various points in my life, but all I would say is, keep on this path. Don't fall back. Otherwise what a bloody waste it has all been." @

Celia Imrie's novel, Not Quite Nice (Bloomsbury, £12.99), and The Second Best Exotic Marigold Hotel are out now







"...and then he got his banana out on the desk"

Think the time you messed up at work was bad? Check out these horror stories from the HR staff who've seen it all. By Sophie Cullinane

ost of us have had the odd heart-stopping moment in an interview or on the first day of a job. Maybe you got the interviewer's name wrong, or wore a new shirt that was basically see-through. But these slip-ups are child's play compared to some of the things human resources directors see. This is because it falls to them to have the awkward conversations everyone else avoids – when a colleague's packed lunch is making the whole office smell of dog food, for example, or an office romance goes so wrong that team meetings are no longer possible. Yep, this

is your HR director's chance to shine. And if we've learnt anything from these (anonymous) stories, it's that the less contact you have with HR, the better.

"It's good if HR know who you are, because they have a broader knowledge of how your company works, but you don't want to be popping by for a regular whinge or using them as a sounding board," says career coach Corinne Mills.

Above all, don't overshare. No one needs to know your star sign or your cat's tendency to suffer from flatulence. And if it all goes horribly wrong, these experiences will make you feel better. ▶

G CONFESSIONS

"Honesty is always the best policy. I recently watched a member of our PR team lay claim to a marketing idea that had, in fact, been the brainchild of the senior member of staff he was pitching to. Pretty embarrassing."

"I was once impressed to see the name of a very senior manager I knew given as a reference on a CV. I phoned the listed number – only to be greeted by the candidate's mother."

"I'll never forget the man who turned up a month early for an interview for an admin role. On his CV he had listed 'time-keeping' as one of his key strengths."

"In an exercise in how not to get on at work, one sales executive I worked with seven years ago became so frustrated with people using his olive oil in the staff kitchen that he laced it with strong laxatives. Three members of his six-person team called in sick over the course of the next week, so he was forced to own up and sit through several uncomfortable disciplinary hearings."

"I was interviewing for an entry-level IT role and the candidate was understandably nervous, but when I went to shake her hand, she was trembling so much that she threw a cup of water over herself and me. That was bad enough, but then she'd written some 'cheat sheet' notes all over her hands, so when she went to mop up the water with a dirty tissue she found in her pocket, she managed to smear Biro from her palm all over my white shirt."

"I've always found it strange how employees often want to talk to HR about their private lives. I had one guy who came to tell me that he was gav on his first day of work. Fine, I understood that he might want to be open about it. But a few months later. he told me he was in a straight relationship and thought I should know. Since then, he regularly pops by to update me on his relationship."

"When asked to list his best and worse qualities, one applicant wrote, 'French kissing' as his strength and 'the ladies' as his weakness. Funny, maybe, but not the best way to get yourself a job. I wasn't impressed."

"I interviewed a senior PR candidate who nervously picked at her fingernail so much during an interview that blood started running down her arm. It wasn't until she shook the senior director's hand – and saw the horror on his face – that she realised what had happened."

"In my first job in HR, my boss was called Mr Balzac. Someone applying for a junior role addressed their letter to 'Mr Ballsack'. To this day, I can't decide if it was a genuine error or a practical joke."

"I've seen a lot of naked photos in my time working in HR. Most iPhones sync their photos onto whichever computer you've deemed 'trustworthy' and you would not believe how many employees have unwittingly shared embarrassing pictures of themselves with their whole office, after accidentally dumping them on a shared office server, instead of a private 'photos' folder on their desktop."



Think your interview went badly? Wait until you hear the howlers some candidates have come out with

"I've always wanted to work at... what is the name of this company

"I'm 26 and I'm

ready to work.

I'm not some

fortysomething

ready to collect

my pension."

"I'm only applying for this to fund my music career. My SoundCloud had 3,000 views this month, so that could be good advertising for your company?"

> "My worst quality? I can't think of any faults whatsoever."

"The way you guys run your business at the moment is laughable and you have some real work to do. You need me."

> "The reason I want this job? I am in a lot of debt." **G**

Additional words: Josie Ayre. Photograph: Rex Features



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GLAMOU WOMEN of the YEAR

next

Tell us the women who have rocked your world this year and you could win the chance to party with them

ep, it's that time when you get to tell us whose music you've had on permanent repeat, who's had you laughing your ass off and who's made you cancel your social life in order to devour that box-set. At last year's GLAMOUR Women of the Year Awards, we sipped cocktails alongside Alexa Chung, cheered at Dame Helen Mirren's awesome expletive-ridden speech and tried not to swoon over Ryan Reynolds (we failed). Our 12th annual awards will be held in London on June 2, and we've teamed up again with high-street fashion giant Next to make it our biggest and best Awards yet. And you could be there. For your chance to win two tickets, simply tick your favourite choice in each category (or nominate somebody we've missed) and return the form to GLAMOUR HQ, or head to GLAMOUR.com and vote online. Do it now - and maybe we'll see you at the bar!

UK TV Actress

- ☐ Charlotte Riley, *Peaky Blinders* ☐ Emilia Clarke.
- Game Of Thrones
- ☐ Gillian Anderson, *The Fall* ☐ Helen George. Call The Midwife
- ☐ Helen McCrory, *Peaky Blinders*
- ☐ Jenna Coleman, *Doctor Who*
- ☐ Jodie Whittaker. *Broadchurch* ☐ Keeley Hawes, *Line Of Duty*
- □ Laura Carmichael,
- Downton Abbev
- ☐ Lena Headey, *Game Of Thrones*
- ☐ Lily James, *Downton Abbey*
- ☐ Michelle Dockerv.
- Downton Abbey
- ☐ Olivia Colman, Broadchurch
- ☐ Sheridan Smith. Cilla
- ☐ Sophie Turner, *Game Of Thrones* Other.....

International TV Actress

- ☐ Christina Hendricks. *Mad Men*
- ☐ Claire Danes. Homeland
- ☐ Elisabeth Moss, *Mad Men*
- ☐ Emily VanCamp, *Revenge*
- ☐ Eva Green, Penny Dreadful ☐ Hayden Panettiere, *Nashville*

- ☐ January Jones, Mad Men
- Jessica Lange,
- American Horror Story
- ☐ Kerry Washington, Scandal
- ☐ Liv Tyler, *The Leftovers*
- ☐ Lizzy Caplan. Masters Of Sex
- ☐ Maggie Gyllenhaal, *The* Honourable Woman
- ☐ Robin Wright. House Of Cards
- ☐ Sofie Gråbøl, Fortitude
- ☐ Tatiana Maslany,
- Orphan Black
- ☐ Taylor Schilling,
- Orange Is The New Black
- ☐ Viola Davis. How To Get
- Away With Murder
- ☐ Zosia Mamet, Girls
- Other.....

Comedy Actress

- ☐ Amv Poehler.
- Parks And Recreation
- ☐ Aubrey Plaza,
- Parks And Recreation
- ☐ Jessica Knappett, *Drifters*
- ☐ Julia Louis-Dreyfus, Veep
- ☐ Julie Bowen, *Modern Family* ☐ Kaley Cuoco-Sweeting,
- The Big Bang Theory



,	,	,	,
☐ Melissa McCarthy, <i>Tammy</i>	☐ Iggy Azalea	women's rugby captain	Made In Dagenham
☐ Mindy Kaling,	☐ Jennifer Lopez	□ Laura Trott – cyclist, most	☐ Gillian Anderson,
The Mindy Project	☐ Katy Perry	successful rider in the history of	A Streetcar Named Desire
☐ Morgana Robinson,	□ Lana Del Rey	the European Track Championships	☐ Helen McCrory, Medea
Psychobitches	□ Lorde	☐ Siobhan-Marie O'Connor	☐ Kristin Scott Thomas, <i>Electra</i>
☐ Rashida Jones,	☐ Rihanna	– swimmer, sextuple	☐ Lindsay Lohan,
Parks And Recreation	☐ Solange Knowles	Commonwealth medallist	Speed-The-Plow
☐ Rose Byrne, <i>Bad Neighbours</i>	☐ Taylor Swift	☐ Tiffany Porter — 100m	☐ Nicole Scherzinger, Cats
☐ Sofía Vergara, <i>Modern Family</i>	Other	hurdles European Championships	☐ Tamsin Greig, Women On The
☐ Uzo Aduba, <i>Orange Is The</i>		gold medallist	Verge Of A Nervous Breakdown
New Black	Band	☐ Zoe Smith — weightlifter,	Other
☐ Zooey Deschanel, <i>New Girl</i>	☐ Fifth Harmony	Commonwealth gold medallist	
Other	☐ HAIM	Other	Film-maker
	☐ Jagaara		☐ Angelina Jolie — director,
Radio Personality	☐ Little Mix	TV Personality	Unbroken
☐ Alice Levine, <i>BBC Radio 1</i>	☐ Neon Jungle	☐ Alesha Dixon, <i>Britain's</i>	☐ Ava DuVernay — <i>director, Selma</i>
☐ Annie Mac, <i>BBC Radio 1</i>	☐ Say Lou Lou	Got Talent	☐ Cheryl Strayed — writer, Wild
☐ Clare Balding, BBC Radio 2	☐ The Saturdays	☐ Amanda Holden, <i>Britain's</i>	☐ Gillian Flynn — <i>screenwriter,</i>
□ Claudia Winkleman,	Other	Got Talent	Gone Girl
BBC Radio 2		□ Darcey Bussell,	☐ Jane Goldman — writer,
☐ Edith Bowman, BBC Radio 1	Sportswoman	Strictly Come Dancing	X-Men: Days Of Future Past
☐ Emma Bunton, <i>Heart</i>	☐ Becky Downie — <i>gymnast,</i>	☐ Dawn O'Porter, <i>This Old Thing</i>	☐ Laura Wade — writer,
$\ \square$ Fearne Cotton, <i>BBC Radio 1</i>	Commonwealth gold medallist	☐ Fearne Cotton, <i>Celebrity Juice</i>	The Riot Club
☐ Gemma Cairney, <i>BBC Radio 1</i>	☐ Casey Stoney — <i>England</i>	☐ Holly Willoughby, <i>Celebrity Juice</i>	☐ Melissa McCarthy
☐ Jameela Jamil, BBC Radio 1	women's football captain	☐ Lorraine Pascale,	— writer, Tammy
☐ Jo Whiley, <i>BBC Radio 2</i>	☐ Charlotte Edwards — England	How To Be A Better Cook	☐ Reese Witherspoon
□ Lauren Laverne,	women's cricket captain	☐ Mary Berry,	– producer, Wild
BBC Radio 6 Music	Claudia Fragapane	The Great British Bake Off	☐ Sam Taylor-Johnson
☐ Lisa Snowdon, <i>Capital FM</i>	– gymnast, quadruple	☐ Mel B, The X Factor	 director, Fifty Shades Of Grey
Other	Commonwealth gold medallist	☐ Rita Ora, <i>The Voice</i>	Other
luta un atia u al	☐ Eilidh Child, 400m	Other	TV Duocoutou
International	hurdles European Championships	The store Astronom	TV Presenter
Musician/ Solo Artist	gold medallist	Theatre Actress	☐ Alex Jones, <i>The One Show</i>

☐ Billie Piper, *Great Britain*

☐ Emma Thompson, *Sweeney Todd*

☐ Jo Pavey, 10,000m European

Championships gold medallist

☐ Ariana Grande

☐ Azealia Banks

☐ Charlie Webster,

Sky Sports News ►

WOMEN OF THE YEAR

☐ Claudia Winkleman and Tess	☐ Eimear McBride, <i>A Girl Is</i>
Daly, Strictly Come Dancing	A Half-Formed Thing
☐ Davina McCall, <i>Long Lost Family</i>	☐ Emily St John Mandel,
☐ Kirsty Gallacher,	Station Eleven
Sky Sports News	☐ Helen Macdonald,
Laura Whitmore, I'm A Celebrity	H Is For Hawk
Get Me Out Of Here! Now!	☐ Jessie Burton, <i>The Miniaturist</i>
☐ Mel Giedroyc and Sue Perkins,	☐ Laini Taylor,
The Great British Bake Off	Dreams Of Gods & Monsters
☐ Sarah-Jane Crawford,	☐ Lena Dunham,
The Xtra Factor	Not That Kind Of Girl
☐ Susanna Reid,	☐ Marian Keyes,
Good Morning Britain	The Woman Who Stole My Life
☐ Zoe Ball, It Takes Two	☐ Naomi Wood, <i>Mrs Hemingway</i>
Other	☐ Robert Galbraith/JK Rowling,
	The Silkworm
Designer	☐ Sarah Waters, <i>The Paying Guests</i>
☐ Diane Von Furstenberg	Other
☐ Donna Karan	
☐ Frida Giannini, <i>Gucci</i>	Columnist
☐ Isabel Marant	☐ Bryony Gordon,
☐ Jenna Lyons, <i>J Crew</i>	The Telegraph & Stella
□ Luella Bartley, design	☐ Caitlin Moran,
director women ready-to-wear,	The Times & The Times Magazine
Marc By Marc Jacobs	☐ Camilla Long,
☐ Mary Katrantzou	The Sunday Times
☐ Miuccia Prada	☐ Grace Dent, <i>The Independent</i>
☐ Phoebe Philo, <i>Céline</i>	☐ Hadley Freeman, <i>The Guardian</i>
□ Roksanda Ilincic	☐ Jane Moore, <i>The Sun</i>
☐ Simone Rocha	☐ Katie Glass,
☐ Stella McCartney	The Sunday Times Magazine
□ Victoria Beckham	☐ Lauren Laverne, <i>The Observer</i>
Other	☐ Laurie Penny, <i>New Statesman</i>
Accessories Designer	☐ Susie Boniface, <i>mirror.co.uk</i>
Accessories Designer	as Fleet Street Fox
☐ Anya Hindmarch	☐ Suzanne Moore, <i>The Guardian</i>
☐ Charlotte Dellal,	☐ Viv Groskop, <i>The Observer</i>
Charlotte Olympia	☐ Zoe Williams, <i>The Guardian</i>
☐ Frida Giannini, <i>Gucci</i>	Other
☐ Katie Hillier, <i>creative director</i> ,	NEXT Breakthrough
Marc By Marc Jacobs ☐ Lulu Guinness	☐ Alice Englert, New Worlds
☐ Phoebe Philo, <i>Céline</i>	☐ Amy Schumer, <i>Inside</i>
	, ,
□ Sophia Webster□ Stella McCartney	Amy Schumer ☐ Charli XCX
☐ Victoria Beckham	☐ Eleanor Tomlinson, <i>Poldark</i>
Other	☐ Ella Eyre
Other	☐ Ella Henderson
Writer	☐ FKA Twigs
☐ Amy Poehler, <i>Yes Please</i>	☐ Gugu Mbatha-Raw, <i>Belle</i>
☐ Bryony Gordon,	☐ Iggy Azalea
The Wrong Knickers	☐ Jenny Slate, <i>Obvious Child</i>
☐ Caitlin Moran,	☐ Katherine Waterston,
How To Build A Girl	Inherent Vice
☐ Cecelia Ahern,	☐ Kaya Scodelario,
The Year I Met You	The Maze Runner

☐ Lorelei Linklater,	Special Awards
Boyhood	These will be decided by
☐ Phoebe Fox,	a GLAMOUR panel, but
The Woman In Black 2:	tell us who you'd like to win:
Angel Of Death	,
Other	Film Actress
BRITISH	Entrepreneur
SOLO ARTIST	
☐ Ella Eyre	Outstanding Contribution
☐ Ellie Goulding	
☐ FKA Twigs	Inspiration
☐ Jessie J	
☐ Jessie Ware	Man of the Year
☐ Lily Allen	
☐ Paloma Faith	Woman of the Year

☐ Rita Ora

Other.....

GLAVOUR WOMEN of the YEAR IN ASSOCIATION WITH NEXT

Tick one name in each category (or nominate your own entry in the space provided) and return the completed pages, or a photocopy, to: GLAMOUR Women of the Year, 13 Hanover Square, London W1S 1HN. Alternatively, cast your votes at GLAMOUR.com. Closing date March 31, 2015. Voting will automatically enter you into the draw to win two tickets to the event. Please complete all contact details below:

Name Age

Address	
Postcode	
Mobile phone numbe	r
If you're not a member alread online panel, and be the first	y, would you like to join the GLAMOUR to take part in product tests and give our online GLAMOUR surveys?
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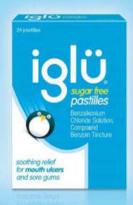


Fast & effective mouth ulcer relief

iglü gels stick fast for lasting relief iglü sugar free pastilles dissolve slowly for soothing relief



iglü Gel and iglü Rapid Relief Gel. Always read the label.



iglugel.co.uk





Plastic rain mac* £38, cotton top (part of a set) £28 and cotton dungarees £28







Cotton-mix jacket $\pounds 50$ and cotton-mix trousers $\pounds 30$

Styled by Natalie Hartley, Make-up. Lesley Chilkes. Hair. Federico Ghezzi.
*Available from March. **All stock subject to availability, Delivery exclusions apply. For terms & conditions, visit next.co.uk





fastglamour Jashim Special Denim Denim



TRUE BLUE

JUST WHEN YOU THINK YOU'VE SEEN EVERYTHING, ALONG COMES A WHOLE NEW PLAYBOOK FOR SPRING. GET INSPIRED AND GET SHOPPING

Denim boots £780 Louis Vuitton



fastglamour

the culottes



 $\begin{array}{l} \textbf{Denim culottes} \ \pounds 39.99 \ \text{hm.com;} \ \textbf{suede jacket} \ \pounds 149 \ \text{mango.com;} \ \textbf{merino-mix jumper} \ \pounds 195 \\ \text{Rag \& Bone;} \ \textbf{leather shoes} \ \pounds 75 \ \text{whistles.co.uk;} \ \textbf{gold hoop earrings} \ \pounds 89 \ \text{thomassabo.com} \\ \end{array}$





Leather tote £165 Baggu at urbanoutfitters.co.uk



Denim culottes £135 self-portrait-studio.com



Ponyhair sandals £145 Ancient Greek Sandals at avenue32.com



Cotton shirt £20 next.co.uk ►



the dress



 $\begin{array}{c} \textbf{Denim dress} \ \pounds 98 \ \text{allsaintsshop.co.uk;} \ \textbf{denim jeans} \ \pounds 209 \ \text{AG Jeans} \\ \text{at selfridges.com;} \ \textbf{gold hoop earrings} \ \pounds 89 \ \text{thomassabo.com} \\ \end{array}$



Leather saddle bag £69.95 gap.co.uk



Denim dress £35 missselfridge.com



Viscose-mix roll-neck £35 next.co.uk



Leather sandals £60 Sol Sana ▶



the dungances



Denim dungarees £265 MiH Jeans at net-a-porter.com; PU-mix sandals £35 asos.com; gold hoop earrings £89 thomassabo.com

Still lifes: Jody Todd. Make-up & nails: Bea Sweet. Hair: Jay Zhang. Model: Franze Brothuhn. Fashion Assistant: Hannah Barnes. Still lifes: Jody Todd



Canvas sandals £375 margarethowell.co.uk



Leather bucket bag £215 russellandbromley.co.uk



Cotton and linen-mix hat £12.99 hm.com



Steel watch £1,550 baumeet-mercier.co.uk



Leather mules £68 topshop.com **G**



IT'S EVERYONE'S FAVOURITE GO-TO – BUT HOW WILL YOU WEAR IT THIS SEASON?



with frayed edges rather than destroyed

effects, such as rips.

Denim skirt £90 g-star.com



Cotton denim

claudiepierlot.com

jeans £165

in crisp, modern shapes.

Pair with neutral,

classic pieces.

for an otherwise clean look.

Open stitching provides detail

Rachel Comey

Denim flares £275





Denim jeans £180

7forallmankind.com





- Or opt for white dark-coloured separates.
- Add a heel for a more elegant look.

Cotton jeans £85 guess.eu



- Head to Beyond Retro, Rokit or Blitz London for a great selection of vintage jeans and dungarees.
- If you love the style of vintage Levi's, but can't get the fit right, check out their new 501s, which have been updated with slightly more tapered legs.

Cotton jeans £80 levi.com

GLAMOUR 165

EST. 1973

Timberland 4

BEST THEN. BETTER NOW.



Footwear, Apparel & Accessories for Every Escape. Timberlandonline.co.uk fastglamour

THE RETURN OF AN

LEVI'S 501s MAY NOT BE REGULARS ON THE CATWALK, BUT THEY'VE LONG STAYED IN OUR HEARTS — ALONG WITH THEIR HUNK-STUDDED ADVERTS. WE LOOK AT THE REVIVAL OF VINTAGE DENIM STYLE. BY KATHERINE ORMEROD

rom Marilyn Monroe to Nick Kamen to Brad Pitt, over its long history, the Levi's 501 jean has always managed to pull off the sex factor.

But suddenly it's attracting a new generation of followers: whether it's Alexa Chung wearing hers as cut-off shorts or French model Camille Rowe teaming a pair with a silk blouse, 501s are back, big time. Even the most loyal skinny jeans lover looks set to embrace the brand's high waists and relaxed cuts this summer.

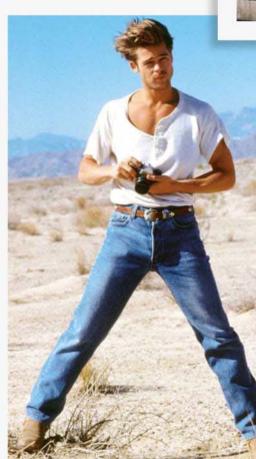
And while hip labels such as Aries and Acne are playing their part in this vintage denim revival – check out their old-school boyfriend and Pop Vintage boyfriend jeans – it's the comeback of the 501 that has really rocked our denim world.

First up, the redesign. In February, the new CT or 'custom tapered' 501 launched in the UK. For £85, you can now buy a pair of 501s that retains the heritage of the original 501 style, while appealing to modern tastes. The cut is slimmer on the bum and leg, and has a more relaxed waistband to make them less pinched.

As Octavia Bradford, fashion buyer and Net-A-Porter's resident denim expert, says, "I've always been wary about the vintage denim look, worried I'd get it wrong and end up looking like a '90s soccer mom, but I'm an absolute convert to the CT fit – it combines that classic feel of the 501 with a really flattering silhouette."

Upping the brand's fashion credentials even more, Levi's has collaborated with Net-A-Porter to create a sure-to-sell-out capsule of limited-edition washes, with all three styles costing £250 each. Of course, this ability to reinvent and re-inspire its global following should hardly come as a surprise. This is the oldest and most celebrated jean













Clockwise from top left Marilyn Monroe on the set of Clash By Night in 1952; Madonna on a shoot in New York in 1982; the 1986 Levi's 501 Original Shrink-To-Fit Jeans advert; Cindy Crawford in 1989; Nick Kamen, and stripping down to his boxers in that ad in 1985; Brad Pitt starring in the 1991 'jail' advert



THE 101 ON THE 501

1873

Levi Strauss patents the first blue jeans, called 'waist overalls', made of 90c of blue denim and sewn in San Francisco. The loose-fit jeans are built to endure hard, manual ye-olden-day labour.



to Singapore... everyone wears 501s."
For many of us, buying our first pair was a teenage rite of passage ("No, Mum, they've *got* to be 501s"), which took place somewhere around our first snog.

children to grandparents, Stockholm

style in the world: arguably the most recognisable and iconic clothing item of all time. "Levi's are simple, authentic, honest and uncontrived," as Jonathan Cheung,

Levi's new head of design, puts it. "From

Madonna to Rita Ora to President Obama,

For a start, there's the adverts – oh yes, the laid-back, raw sex appeal of the 501 ads. Whether it was Nick Kamen getting down to his pants in the 1985 'laundrette' TV commercial, or Brad Pitt's turn as the face of the label in 1991, the brand knows how to use sex to market its product.

Of course, the world's sexiest six-packs were often upstaged by the world's coolest soundtracks. Any music featured in a Levi's ad

1950s Hollywork start dre (and girl in *The W*Monroe i

Hollywood costume designers start dressing cinema's bad boys (and girls) in 501s. Marlon Brando in *The Wild One* in 1953; Marilyn Monroe in *Clash By Night* in 1952.



Levi's introduce Sta-Prest (as in, stay-pressed), while Brigitte Bardot (above) gives 501s a Gallic twist in A Very Private Affair in 1962. And from protest rallies in Berkeley to love-ins in San Francisco and Woodstock, 501s become a hippie favourite because of their anti-establishment associations.

66 For many of us, buying our first pair was a teenage rite of passage 99

rocketed straight to the top of the charts, and the ads were single-handedly responsible for the global revival of '60s soul classics, such as Marvin Gaye's *I Heard It Through The Grapevine* and *When A Man Loves A Woman* by Percy Sledge.

In fact, scoring a Levi's commercial guaranteed any '90s band instant success. Earworms of the era include the raunchy guitars of Inside from Levi's sexy 'creek' ad - which gave Scottish rockers Stiltskin a debut No1 in '94 - and the bizarre, chipmunk-style vocals on Spaceman by Babylon Zoo, from the '95 ad. You probably have your own iconic moment. According to Amber Butchart, fashion historian and Associate Lecturer in Cultural & Historical Studies at The London College of Fashion, "I remember thinking bands like Bros were cool wearing 501s in the late '80s and early '90s - but you only have to think of Brando in The Wild One, Woodstock hippies or even Monica ▶



The biggest-selling album of 1985, Bruce Springsteen's *Born In The USA*, features The Boss's much-admired butt clad in 501s.

1990s

501s get the ultimate '90s nod: their supermodel moment. Cindy Crawford wears cut-offs in her 1992 Pepsi Super Bowl ad. The cast of *Friends* are often in 501s.

fastglamour 2015 Street-style stars and celebrities embrace 501s as an alternative to mainstream styles.

501 CT
The classic is re-imagined with a new, slimmer silhouette.

Levi 501 CT £85 each

◀ in Friends to realise they have been reinvented for every era," she says.

ut it wasn't all good news for Levi's

- while they made denim achingly cool,
this paved the way for a host of premium
denim brands to stampede into the
market, selling a whole new vision of
denim as luxury. Bodycon became the buzzword

- and it came with an eye-watering price tag.

Suddenly the loose fit of 501s seemed out of step. Which is why their comeback this season marks such a big moment in its history – taking the jean all the way from its humble origins as 19th-century work trousers to FROW regulars.

While premium denim brands, led by labels

such as Earl Jean, 7 For All Mankind and, of course, J Brand, may have pushed 501s into the fashion wilderness, they also changed how we see jeans, showing how denim could be more than just casual wear.

These high-end labels made jeans an everyday staple, acceptable in nearly all instances. Now, magazine editors turn up to haute couture shows clad in flares or skinnies, and they can be worn everywhere from cocktail bars to conference rooms.

It's a shift that paved the way for 501s, along with last year's 'normcore' fashion moment, which saw a move towards anonymous minimalism and mass-market, one-size-fits-all brands.

Instead of brightly coloured, 'look at me' fashion, today's style pioneers are after a quieter look. "Simplicity is the key to achieving coolness. It's about stripped down, non-elitist style," Cheung adds.

What all this means for your spring/ summer closet is not just the chance to

relive your 501 fashion past, but also a new era of choice. Nearly every catwalk designer has showcased their own spin on denim this season, from immaculately cut, ladylike dresses at Bottega Veneta to Prada's ultra-chic coats.

Whether you're up for a 'Canadian tuxedo' – jeans and a matching denim jacket – or more into '70s boho (look to denim label MiH, Hobbs and Dorothy Perkins on the high street, and Sonia Rykiel for catwalk options), there's very little that hasn't been cut in the fabric.

But don't be surprised if you end up back in the arms of your favourite denim icon. Because, as Cheung says, "You can't manufacture cool, but whatever that 'It Factor' is, 501s have always had it." •

inda

Russell&Bromley



The Cindy platform www.russellandbromley.co.uk



VAGABOND

SHOEMAKERS

Natalie-HarAley Hears ...

Break it down this season with simple details. It's about effortless dressing to make the trend more wearable

Shiny details like buttons and metal hardware are great ways to wear the trend without feeling too dressed-up. A simple tee worn under a formal jacket also gives a more dresseddown feel Linen and cotton jacket £725 Tommy Hilfiger Collection; cotton and silk-mix top £187 toga.jp: cotton skirt £90 Studio Nicholson at net-a-porter.com; leather slippers £450 and leather belt £450 both Bally

Look for small details like multi-strap shoes and fastenings on the hems of trousers. Adding white also keeps this look fresh and modern

Cotton jacket £35 dorothyperkins.com; cotton T-shirt £95 annsofieback.com; cotton trousers £290 Tara Jarmon; suede shoes £325 Stuart Weitzman at russelland bromley.co.uk

The dungaree dress makes a comeback, but gives a nod to military in khaki

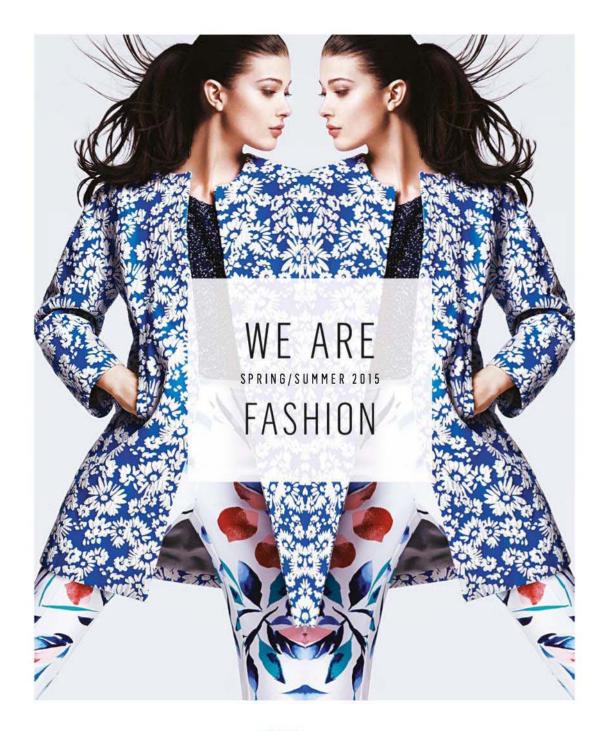
Polyester and cotton-mix jacket £700 Sacai Luck at net-a-porter.com; cotton dungaree dress £300 Sea NY at net-a-porter.com; leather mules from a selection Robert Clergerie



HOW TO ACCESSORISE YOUR DENIM? KEEP IT SIMPLE AND MODERN WITH OUR JEWELLERY EDIT



Clockwise, from back left Yellow gold and diamond bangle £3,300 georgjensen.com; metal bangle £10 Freedom at topshop.com; 14ct yellow gold-plated silver cuff approx £430 carriekrocks.com; sterling silver and gold vermeil ring £239 ruifier.com; 18ct gold-plated sterling silver and cubic zirconia ring £110 Rebekka Rebekka; 18ct gold and diamond ring £1,400 linksoflondon. com; short-bar gold-plated vermeil and diamond ring £180, skinny long-bar gold-plated vermeil and diamond ring £200 and long-bar gold-plated vermeil and diamond ring £90 all monicavinader.com; metal necklace £135 MICHAEL Michael Kors





WOMAN POWER

Celebrate International Women's Day with Bobbi Brown. On March 8, the Pretty Powerful Pot Rouge, in limited-edition Pretty Powerful II (a flattering pink for lips and cheeks), launches – and the full price of each one sold will go to Smart Works, a UK charity that gives interview clothes, training and styling advice to out-of-work women on low incomes. Now that's beauty with heart. £19 bobbibrown.co.uk



SEA CHIC

Picture it now: blue skies, warm sea, a lounger and a cocktail. Aaaah... but while we're sitting at our desk, we'll settle for a spritz of Resort Collection by Elie Saab. Inspired by summer on the Amalfi coast, with notes of mandarin, orange blossom, amber and cedar, it's a holiday in a bottle. £47 for 50ml eau de toilette, available exclusively at House of Fraser.



GLAMOUR

Our guide to this month's must-haves

SPRING STYLE, DONE

First date, weekend, shopping, lunch... don't you just love it when you find an outfit that'll take you anywhere? And this cool combo from Timberland is the look our wardrobes were waiting for. Bomber £275, jumper £70, T-shirt £25, jeans £100, boots £100. timberlandonline.co.uk

...with new clothes, of course. Particularly this cute playsuit, £22.99, from New Look's Magical Marrakech collection. (We're pretty sure there's room in our suitcase for the rest of this look, too.) Top £7.99, sandals £19.99. newlook.com

HOLIDAY?

AB FAB

How cool is this crop top from Next? Pair with a high-waisted midi skirt or wide-leg trousers for a chic twist on the trend. \$23 next.co.uk



GLAMOUR LOVES





Stomp into the new season with these double-buckle flatforms from Hunter. Perfect for styling out April showers. £160, hunterboots.com



Imagine if there was a magic potion that could help you feel calmer? Well, Aromatherapy Associates has conjured up this bottle of Inner Strength, £41, a body oil infused with invigorating rose, clary sage, frankincense and cardamom to help boost wellbeing while also leaving skin beautifully soft. No spell book required – just snap yours up at aromatherapyassociates.com

INNER STRENGTH

100ml O 3.4flox



BEAUTY HERO

Dear Vaseline, just a little note to say thanks for always being there to give us the perfect pout. You're a classic we can't get enough of. And now you've brought out this extra-sweet limitededition tin just to woo us some more. The prettiest lips – for just £1.93.



GO GREEN...

...in this gorgeous two-piece from Intimissimi. It's a zingy spring alternative to our usual monochrome. Bra £38, briefs £14. uk.intimissimi.com



We always knew Velma from *Scooby-Doo* was a style icon, so it's no mystery why she's inspired Coach's latest ready-to-wear collection. With fun prints and bold hues (and one seriously covetable coat), you won't find any fashion crimes here. Coat £925, T-shirt £1,195, skirt £295, shoes £245, sunglasses from a selection, necklace £755, bag £545. uk.coach.com



£45, yumidirect.co.uk



Our trainer obsession continues
with the Pinko Uniqueness x
Superga capsule collection.
A little bit boho and a whole
lot of cool, we'll be rocking
these come April. £99
Pinko Boutiques
and pinko.it





STYLISH? TICK! Masculine watches are having a moment. Here's our pick to steal from the boys



1) £79.99 stormwatches.com 2) £119 Caravelle New York at watchshop.com 3) £1,195 Gucci, 0845 674 8224 4) £270 follifollie.co.uk 5) £395 linksoflondon.com 6) £110 Casio Sheen at sheen-watches.co.uk 7) £229 Bulova at watchshop.com 8) £990 baume-et-mercier.com 9) £149 Guess Watches, 01604 678 940 ©



the figleaves.com





SPRING MAKE-UP TIPS AND TRICKS

Florrie White, Clinique's UK Colour Artist, shares her make-up secrets

"It's always good to prep the skin before any foundation application. Cleanse the skin – the Clinique Sonic System Purifying Cleansing Brush is ideal – then apply a hydrating moisturiser."



"After the skin is prepped, I would recommend using a primer, which will ensure you have a smooth canvas to apply foundation."



"How you apply your foundation is just as important as texture and shade. The Beyond Perfecting Foundation + Concealer applicator controls just how much foundation you are applying and can be used to pinpoint areas that may need more coverage, such as under the eves and around the nose."



"One application of the wand is enough for a full face of coverage! Top up over blemishes and dark circles if you need to."

STEP 1: PREP

Give your foundation the best possible canvas to work from with **Superprimer Face Primer**. This oil-free skin perfector comes in six different variations, meaning there's one to suit everyone, whatever their skin concern. Plus, it helps to smooth your skin's texture so that your base goes on more evenly. Apply it all over your face after doing the Clinique 3-Step Skin Care System and enjoy amazingly flawless skin all day.



STEP 2: SMOOTH

Whether you want a full coverage finish or just to target specific areas, the new **Beyond Perfecting Foundation** + Concealer does it all and still manages to feel as light as a feather. Its breathable formula adapts to each individual's skin needs, and our favourite part? The unique wand that gives you the option of using it as a foundation or concealer. Use the flat-sided part of the wand to apply dots all over the face, turn it sideways to spread across the cheeks and larger areas or just use the tippy top to cover smaller imperfections. It's the ultimate multi-tasker!

STEP 3: FINISH

Finish off your look with **Blended Face Powder & Brush**. This iconic loose powder now contains advanced technology to help make your finish even more beautiful. It works with all skin tones and creates a gorgeous translucence, trapping oil as it goes to leave you with a naturally matte look. After applying your foundation, dip the brush into the powder, tap to remove any excess, then swish it over your face for a camera-ready finish. Available in five shades.



Want to achieve the ultimate skin finish?

Love the idea of saving time with Clinique's Beyond Perfecting? So do we! Find out what the GLAMOUR team does with their newly saved free time and tweet us a pic of you doing the things you love, to win a year's supply of custom-fit foundation! Visit glamourmagazine.co.uk/cliniquebeyondperfecting to stand a chance to win!**

SO EASY YOU CAN DO IT WITH YOUR EYES CLOSED

So easy. So effective. So gentle. So no excuse not to take your make-up off.

What is it?
A smart 3 in 1 wonder: cleanses, removes make-up and soothes. Designed for sensitive skin, its effective yet gentie formula is loved

by all skin types.

How does it work?
The micelles (cleansing agents) within it act like 'dirt magnets', lifting away make-up and impurities. No rubbing, no rinsing.

How do I use it? Simply apply to a cotton pad and gently wipe across your skin.

#lovetakingitoff







The month in pretty eyes

COLOUR, SPARKLE, LASHES... HOW WILL YOU BIG UP YOURS THIS SPRING? BY DOMINIQUE TEMPLE



Mono Eyeshadow in

Gold Mania £5.49













8 Recreate Taylor's look with a feline flick and flirty lashes









13 Color Show Mono Eyeshadow in Silver Oyster £4.99 Maybelline

fastglamour











MAKING **EVERY DAY** YOUR

#ULTIMATE HAIRDAY





OMEGA REPAIR Shampoo

Divine hair rebuild & deep repair split end prevention with lavishly rich omega oil



HAIR COLOURS

- Up to 90% less hair breakage*
- · Healthy-looking hair with natural shine

pearl essence

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fastglamour

The Emanuel Ungaro fuchsia

You can't go wrong with a shocking pink when the warmer weather hits. Le Vernis in Désirio



The Nanette Lepore pink

The prettiest pale pink we ever did see. **Dior Vernis** in Majesty £18.50 Dior



Catwalk colours NAILED

Dior

WEAR THIS SEASON'S HOTTEST HUES -ON YOUR FINGERS. BY PHILIPPA PEARNE

e always love how nails are a quick and easy way to rock a designer trend and the new shades are the perfect way to make a statement. "Wear this season's brights and pastels on short, squoval nails," says Adam Slee, Rimmel London's nail expert. "This makes the look modern and fresh for spring."

The Hugo Boss aqua

It's one of the hottest colours of the season. and oh-so chic on nails. Colorstay Gel Envy Longwear Nail Enamel in Full House £6.99 Revlon

The Emilia Wickstead yellow

A happy sunshine yellow brightens up any outfit. 60 Seconds Super Shine Nail Polish in Chin Up, Buttercup £2.99 Rimmel London

15mL-05FLOze The Akris neutral A pale polish

is subtle, but insanely sexv. Nail Lacquer in Do You Take Lei Away? £11.95 OPI



The Rebecca Taylor lilac

MAIL LACQUER

Give your mani a shimmery violet twist for spring time. Nail Lacquer in Girl Trouble £10 maccosmetics.co.uk

Gel Shine Lacquer in Glazed Cobalt GLAMOUR 193 £7.99 Max Factor

6 NEW BASES

FROM FULL COVERAGE TO BARELY THERE, THEY MIGHT JUST CHANGE YOUR LIFE! BY PHILIPPA PEARNE

YOU WANT...



Something different, with light coverage

Try Diorskin Nude Air Serum £35 Dior.

What we love about it It's first and foremost a skin-correcting, radiance-boosting serum – but with a tint.

The finish No-make-up make-up – when we say light coverage, we mean it



A 2-in-1 formula with staying power

Try Beyond Perfecting Foundation + Concealer £25 clinique.co.uk

What we love about it The clever 'jumbo' wand makes it easy to apply
as a foundation and concealer, and coverage lasts for up to 12 hours.

The finish Natural matte with total staying power.



Instant radiance and skincare benefits

Try Youth Glow Foundation £60 zelens.com

What we love about it it could easily be mistaken for one of our skincare products — it's that good for the skin.

The finish Medium coverage with a BB-cream feel.



Silky texture and easy to apply

Try Dream Flawless Nude Fluid-Touch Foundation £8.99 Maybelline New York.

What we love about it The formula really does feel dreamy – silky but not sticky. And the dropper applicator gives the exact amount you need.

The finish Smooth and glowy (but not too glowy).



Long-lasting results and a matte finish

Try Everlasting Foundation SPF15 £27.50 clarins.co.uk

What we love about it It stays put all day without making
your skin feel tight or restricted. Plus, it's easy to build up coverage.

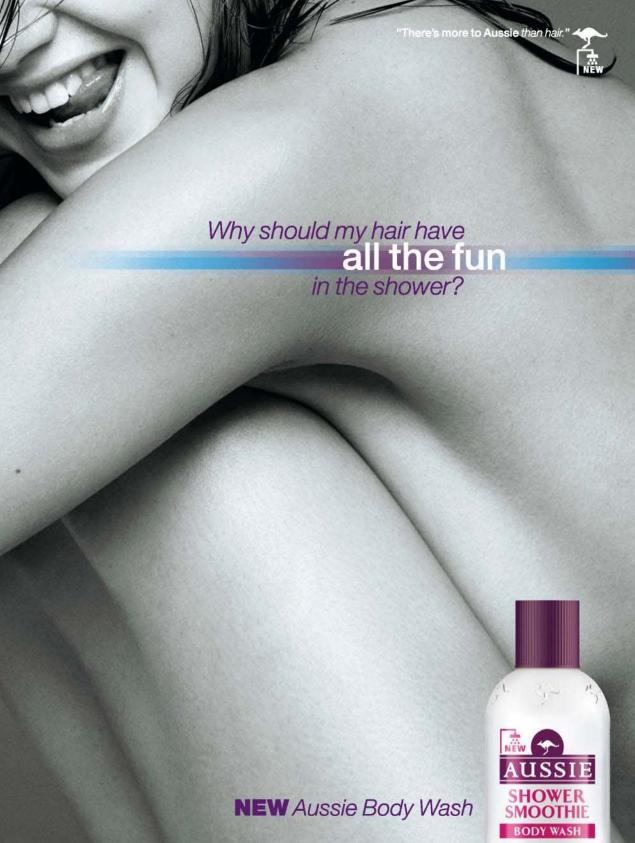
The finish Shine-free and completely even.



Full coverage with a lightweight feel

Try All Day Luminous Weightless Foundation £33 narscosmetics.co.uk
What we love about it A little goes a long way and it glides
super smoothly onto the skin.

The finish Totally flawless, without looking like a mask of make-up.



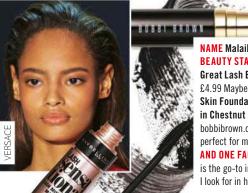
What the CATWALKERS swear by

WE'D KNOW – BECAUSE WE GOT THE LOWDOWN BACKSTAGE, BY SARAH JOSSEL



NAME Luma Grothe **BEAUTY STAPLES**

Even Better Eyes Dark Circle Corrector £30 clinique.co.uk; Moroccanoil Treatment £13.45 for 25ml Moroccan Oil AND ONE FACT... "I get a facial and massage



NAME Malaika Firth BEAUTY STAPLES Great Lash Big Mascara £4.99 Maybelline; Skin Foundation Stick in Chestnut £29 bobbibrown.co.uk: "It's perfect for my skintone."

> AND ONE FACT... "Keratin is the go-to ingredient that I look for in hair products."



NAME Elisabeth Erm **BEAUTY STAPLES Radiant Creamy Concealer** in Ginger £22 narscosmetics.co.uk Beeswax Lip Balm Tin £3.69 burtsbees.co.uk AND ONE TIP... "I take my make-up off the moment I finish work - especially

during Fashion Week."



NAME Maartje Verhoef **BEAUTY STAPLES Sensibio H20** £9.99 Bioderma:

Luxurious Lashes Maxi Brush Mascara £7.20 kikocosmetics.co.uk

AND ONE TIP... "I use a night cream in my evening routine to give an extra dose of hydration."



AND ONE TIP... "I try not to touch my skin with my fingers people forget how dirty our hands are."

Guess what we've found out about Aussie girls?

They've got bodies. Not just hair, but arms, legs, the whole package.

So, after years of performing miracles on their hair, we've decided to shower (sorry) love and attention on the rest of them. Meet our new

Aussie Body Washes.

Fragrant, creamy concoctions that'll leave your skin feeling as SOft and SMOOth as a smooth landing on the surface of a smoothie.

Turns out skin loves **exotic** Australian ingredients as much as hair does.

So give your **bod** a taste of the bliss your hair's been experiencing all these years. After all, who wants skin that's,

green with envy?





FICKLE SPRING WEATHER = STYLE SOS. HERE'S HOW TO DEAL, SAYS PHILIPPA PEARNE

DISASTER NO1

WHEN GUSTS OF WIND ATTACK

You're walking down the street and... yep, there goes your up-do.

Before you leave home "Spritz your style with a strong-hold hairspray," says Daniel Jordan, session stylist for Unite (try Infinium Hairspray £5.99 L'Oréal Professionnel). If you need more protection, "Wrap your hair up in a silk scarf for a chic finish," he adds. On the go "Always have a stash of grips in your bag, as well as a tail comb," Daniel advises. The Tail Comb £7.50 ghdhair.com is perfect for fixing windswept hair quickly.



DISASTER NO2

WHEN APRIL SHOWERS HIT

A clear day has now turned into the apocalypse - cue a confusing frizzy hair/flat root situation.

Before you leave home "Avoid hairspray," says Siobhan Jones, Headmasters colour ambassador. "It leaves a hard residue when wet, so use a de-frizzing oil instead." We love Oil Elixir £9.99 TRESemmé. On the go "A hair dust is the perfect speedy fix for

flat roots." says Sjobhan. Try a non-sticky one such as Expanda Dust £16.70 Unite. "Or back-comb your roots for a boost," she adds. "Curly haired girls - twist damp ends around your fingers to stop curls separating."



DISASTER NO3

WHEN EXTREME SUNNY SPELLS STRIKE

One minute your hair is perfectly sleek, the next it's a ball of humid frizz.

Before you leave home "Use a smoothing shampoo to create a protective barrier and make hair frizz-resistant," says Siobhan (try Advanced Hair Series Pure Care Dry Oil Shampoo £5.99 Dove). On the go "Instead of fighting it, embrace the undone look with texture spray," says Siobhan (try Matte Texture Spray £20 Windle & Moodie). "Or, for



DISASTER NO4

WHEN IT GETS CHILLY

You've done the perfect blow-dry — until you step outside and the cool air wrecks all your hard work.

Before you leave home "Use a prepping spray before you blow-dry to give hair some grip," says Siobhan (try Got2b Mind Blowing Xpress Dry Styling Spray £4.07 Schwarzkopf), "Pin hair

up before you go outside so it holds for longer."

On the go "Cold weather can instantly make hair flat, so flip your parting over to give volume at the roots," she says. "Also, keep a solid serum in your bag to revive shine." Try Elixir Ultime Serum Solide £22 Kérastase.







hey say the secret to looking good in photographs is never to be in a picture next to someone more beautiful than yourself. I regularly fail miserably on that score, as I get my photo taken beside the most beautiful women in the world. But, on the plus side, I've picked up a few tricks along the way...

Know your angle We all have a side that looks best, as most people don't have perfectly symmetrical faces (apart from Kate Moss). The key is practice – Rihanna once told me she takes multiple images, trying different poses and lights, then



edits it down to the best. I find straight-on can be tricky – a slight side angle is more flattering.

Know your light This is one tip I learnt from Dame Joan Collins (above) – face the light source (be it natural or artificial) straight on and slightly tilt your chin down, so it brightens your eyes and hits the face evenly. If the light isn't great, hold a piece of white paper under your chin – it will bounce off light, casting a glow over your face and obliterating shadows.



Know your filter Most celebrities use photo apps to enhance their pictures. The trick is not to get carried away and try to alter your features, just subtly enhance them. Miley Cyrus (left) likes LINE camera, Rosie Huntington-Whiteley (top) likes VSCO Cam, and I like Afterlight.

GET A CAMERA-READY FACE

- A glow peel with Dr Marko Lens is one of my best-kept secrets for smooth skin. I use his PHA+ Bio-Peel Resurfacing Facial Pads £65 zelens.com at home to maintain my glow.
- It's so simple, but hydrated skin bounces off light better than a dry complexion. I love the cushiony but non-greasy texture of Exquisâge Beauty Revealing Cream £65 Darphin.
- Some people think heavycoverage make-up is best for flawless skin, but I think it makes you look a bit flat. I'm in love with Miracle Cushion £29.50 lancome.co.uk — it's sheer, but makes skin look airbrushed.
- I love having a tan as it gives a healthy glow in real life and in pictures, but I don't get on with most facial self-tanners. **Trystal Mineral** £35 Vita Liberata has changed my life. It's a mineral bronzing powder that gives an instant make-up effect and gradually tans skin too. Genius.
- Miss Manga Punky Mascara £8.99 L'Oréal Paris. I'm not loyal to mascaras I always try the newest ones and this one is something else. It grabs onto even the finest lashes and bulks them up like crazy.
- Lipstick in Katrina £18 Joan Collins

 finding a flattering neutral lipstick
 is actually quite hard. This one
 has the perfect sheer finish too

 not matte, not glossy, just
 sheeny (like real lips).



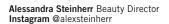


SPRING SPRING SPRING BEAUTY EDIT ONLY £16.99!

Chosen by GLAMOUR's Alessandra Steinherr

Overhaul your beauty routine with these warm-weather essentials

pring is finally here and what better way to welcome it than with a completely made-over beauty kit? You'll love these fresh picks, selected by me for this exclusive box, in association with Latest in Beauty. With a total value of \pounds 99 (for just £16.99), why wouldn't you treat yourself (or gift it!)? PLUS this includes a subscription to the print edition of GLAMOUR, discounted by an incredible 62% (normal price £24), with FREE access to the interactive iPad and iPhone editions.





REVLON COLORSTAY GEL ENVY NAIL ENAMEL (3 variations) + REVLON COLORSTAY GEL ENVY DIAMOND TOP COAT

Say hello to your best nails yet. Paint on two coats of your 'perfect-for-spring' shade. Next, seal the polish with this ultra-glossy, high-shine top coat. The long-lasting formula means no touch-ups necessary. Score!



RIMMEL OH MY GLOSS! LIP GLOSS (5 variations)

Welcome back, lip gloss... boy, did we miss you. One of the biggest spring trends is gloss – and it doesn't get much shinier than this.



MOROCCANOIL INTENSE HYDRATING MASK

Indulge in this five-minute dreamy hair treat. Smooth the rich, creamy formula on mid lengths and ends for shinier, more manageable and so much more fabulous hair.



Includes a free sample of **L'Eau Couture** by Elie Saab

> HASQUE HYDRATANT INTE

YDRATIO

MODELCO CREME ROUGE CHEEK AND LIPS IN JUST PEACHY

Dab onto lips and cheeks for that sunshine flush. The super-soft, über-blendable texture means you can keep adding throughout the day, depending on the impact you want.

KIKO LONG LASTING STICK EYESHADOW

Masque rème Fraîche

(3 variations)
Create the ultimate eye look with one of these rich, metallic shades.
Super wearable for all eye colours, the light, velvety texture stays put for up to eight hours.



BEAUTYUK HIGH BROW ALL IN ONE BROW DEFINITION KIT

Here's all you need to create the brows you've always wanted. It includes colour-matching powders, a clear wax to keep them in place and tweezers for any strays. Major brow alert...

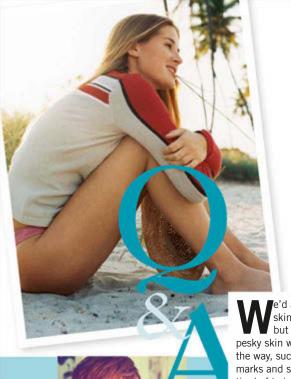


DESCRIPTION

Masque Crème Fraîche de Beauté

Get ready for round-theclock radiant skin. Once applied, the creamy mask gives an instant, soothing effect. Tip: leave on for ten minutes once a week for best results.

BUY NOW! At latestinbeauty.com/glamour while stocks last. Contents may vary. Terms & conditions apply.



"I'M AMAZED BY THE RESULTS"

Claire, 40 Treatment: Obagi Nu-Derm for acne scarring

"I've been battling with acne since I came off the contraceptive pill seven years ago. My skin was ravaged, especially around my jaw and neck, and the scarring was relentless. It made me feel awful I hated going out without make-up. I didn't want to take medication, so I decided to try this treatment by The Harley Medical Group. I started to see results after two weeks - my skin was still tender, but the texture was so smooth. I'm currently on week seven of a 12-week programme and I'm delighted with the results so far. My skin hasn't felt this good since I was about 12 - it glows and people even compliment me on it!"

GREAT **SKIN** STARTS HERE

Want smooth, even skin? These effective treatments from The Harley Medical Group will banish all your face and body hang-ups (yes, we're talking acne, stretch marks and scars)

e'd all love to feel skin-confident 24/7. but sometimes there are pesky skin worries that get in the way, such as acne, stretch marks and scarring. And if you're tired of trying to hide spots (or the scars they leave behind!) with make-up, or fretting about showing your stretch marks on the beach, there are genius. long-lasting solutions at hand. The Harley Medical Group offers professional treatment to visibly clear troublesome acne (Isolaz Intense Pulsed Light and Obagi), and a Fractional Laser. pioneered in the US to reduce the appearance of stretch marks and scars. Sounds good, right? To help you decide which treatment is for you, we asked nurse Bernadette Harte, non-surgical training manager at The Harley Medical Group, to answer all your questions. Prepare to love your skin again!

How does the acne treatment work?

Acne is most common on the face and active sebaceous glands. At The Harley Medical Group, we have two treatment options. The first is Isolaz – an FDA-approved* light source which destroys P. acnes bacteria faster than it's being

produced. Heat softens blocked sebaceous glands, and vacuums any bacterial extract. The second is prescription-based products Obagi Nu-Derm, developed to restore skin to its natural, healthy state. Approved by the FDA*, hydroquinone and tretinoin are the active ingredients effective in removing pigmentation and increasing cell renewal. Many patients feel they don't need to apply make-up after using this comprehensive skincare regime.

My acne is very severe - will the treatment still be effective?

The main goal of any acne treatment is to prevent scarring and reduce the psychological effects, while limiting the duration and frequency of the outbreaks. Isolaz treats the four different types of acne, while Obagi uses FDA-approved* ingredients to treat all skin types. Patients will often undergo a course of Isolaz treatments to start with, before progressing to Obagi, which is more aggressive, but an effective treatment to clear the complexion.

How quickly will I see a reduction in my acne?

Results can be seen in as little as 48 hours using Isolaz, where a course of five treatments is recommended, one week apart. However, results can be seen within

two weeks of using Obagi Nu-Derm products morning and evening. Regular reviews are recommended with the prescribing doctor.

Will it stop my spots coming back?

Treatments will offer a visible improvement. However, since acne can last many years and flare up, it's best to maintain a good skincare routine and a balanced diet. We also recommend the use of maintenance products to enhance the results.

My acne has left

Scars. What can I do?
Patients already using Obagi
Nu-Derm products can opt to have
an Obagi Blue Peel at 18 weeks.
This is applied by the aesthetic
doctor (you'd need to stop using
the active ingredients of Nu-Derm
products three to four days prior)
to reduce the appearance of
scars. Other treatments include
Dermaroller, a medical device with
micro-needles, which penetrates
the second layer of skin to reduce
the scars' appearance.

What does the stretch mark and scarring revision treatment involve?

Fractional pulses of laser light break down scar tissue to generate new, healthier tissue. This results in much smoother, even-toned skin. Fractional Laser is the only treatment in the UK approved by the FDA* to reduce the appearance of stretch marks and scars on any area of the body, including the face. An SPF should be worn daily after treatment, and a minimum course of four treatment sessions is recommended for best results.

Is it painful? Are there any side effects?
An anaesthetic is not required prior to treatment, as most patients tolerate the Fractional Laser really well – it's a warm sensation on the skin. After treatment, skin is cooled with a roller. Most people experience a temporary redness and swelling of the stretch mark or scar.

Does the treatment work on all skintones? The Fractional Laser can only treat skin types 1-4 (pale to olive complexions). Unfortunately, the Fractional Laser is unable to treat darker skins.

will I need?

A minimum course of four treatments, six weeks apart, is recommended, and you may also need maintenance treatments

— it's important to follow the

advice given by our experts.

How many treatments

How much do these treatments cost?
A course of five Isolaz sessions costs £599. A starter kit of Obagi Nu-Derm products starts from £595, and a course of four Fractional Laser treatments based on one area costs £600.

Get gorgeous skin – for free!

To get your summer off to a good start, The Harley Medical Group are giving away a course of non-invasive treatment (either Laser Hair Removal, Acne Treatment or Scar and Stretch Mark Revision). You could also bag one of ten personalised skincare packages. Visit glamourmagazine/promotions/harley

** For more information and to receive your exclusive GLAMOUR offer, visit harleymedical.co.uk/glamour and quote: GLAMSKIN25



Fractional Laser is the only treatment in the UK approved by the FDA* to reduce the appearance of stretch marks and scars.

Nurse Bernadette Harte, non-surgical training manager



"I FEEL LIKE A NEW WOMAN!"

Charlotte, 21
Treatment: Fractional Laser
for stretch marks

"I've had stretch marks since school, but they got worse when I was pregnant. After giving birth in 2012, I started to feel really insecure about them

- I didn't even have the confidence to go swimming with my son. I'd tried every home remedy, so I decided to have the Fractional Laser treatment. At first I was a bit nervous to show my stretch marks, but it was fine and the results are amazing
 - you can hardly see them now.
 I've got my confidence back, and I've recommended the Fractional Laser treatment to all my friends."



EXCLUSIVE GLAMOUR OFFER!

Book any acne or stretch mark & scar revision treatment with The Harley Medical Group and you'll get

25% off!*



of the Disney classic, where frothy colours and classic romance meet a more gutsy Cinderella than we're used to, and a Fairy Godmother played with obvious wry glee by Helena Bonham Carter. With Cate Blanchett also starring as the

wicked stepmother, its credentials couldn't be higher. Richard, however, almost turned his nose up at the role. "I got the email through that said 'Cinderella' and I thought it was going to be a panto in Nottingham or something," he says. "I thought, 'Is this where we're going with my career?" Yet had Sir Ken turned out to be attached to a panto in Nottingham, would he still have signed up? "Absolutely," he laughs.

He hadn't met the Cinders to his Charming, Lily James, before shooting began, "which is strange because we had a lot of friends in common", but admits it was "less weird" to play her love interest without a prior friendship. Their first scene together involved a choreographed dance on horseback while they talked to each other. "The definition of love at first sight is that scene. Maybe you see the sparkle in that scene of how that looks. I hope so, that's what we aimed for," he says.

The two have become good friends since, hanging out at Glastonbury together along with

From top Starring opposite Lily James in Cinderella; as Robb Stark in *Game* Of Thrones with Oona Chaplin as his wife, Talisa

sight? "I kind of believe in the concept of love at first sight in hindsight," he says. "I don't ever think we know it in the middle of when it's happening, but we look back and go, 'Oh no no, that was it, I did fall in love at that point."

their respective partners

(and former Doctor Who

and Jenna Coleman, who

Richard has been quietly

dating since 2011. Does

he believe in love at first

co-stars), Matt Smith

He's reticent to expand on his relationship, but less guarded when it comes to

praising his former GoT castmates. He played Robb Stark for five years, and has stayed in touch with all of his on-screen siblings, including Kit Harington, Sophie Turner and Maisie Williams. He now counts himself among the nation's Thrones addicts. "Before, I'd read the script, so I knew what was going to happen, and it would spoil it a bit, whereas now it's a joy to watch because I don't know what's coming next." Whatever's next for Richard, we can't wait.

Cinderella is in cinemas from March 27

Glamreels There won't be a dry eye in the house



STILL ALICE

Alice (Julianne Moore) is a linguistics professor suffering from early onset Alzheimer's, whose condition is deteriorating, quickly. Yet, this is an uplifting story of love and family. Moore's performance has rightly won her multiple awards and there's strong support from Kate Bosworth and Kristen Stewart as her daughters, too. If you want to see what masterful acting looks like, look no further. QQQQ



SUITE FRANÇAISE

Based on the book of the same name, and set in German-occupied France, the film centres on Bruno (Matthias Schoenaerts), who heads up a Nazi regiment tasked with appeasing local villagers and crushing the resistance. But when Bruno is posted at the house of a married woman. Lucile (Michelle Williams). while her husband is away at war, a forbidden romance begins. Love triangles rarely come



Inspired by a true story, the film follows Nathan (Asa Butterfield), a teen prodigy with autism, who finds relationships hard to read so retreats to the world of maths. Most movies use autism as a cut-and-paste plot device to give characters quirkiness, but here the condition - and its impact on friends and family - is really explored. Heart-warming drama minus the sentimentality, with star turns from Rafe Spall and Sally Hawkins. **₩₩₩**

Watch this: *Bloodline*

The latest Netflix offering looks like a cracker, so we went behind the scenes to meet its star, **Linda Cardellini**

lready devoured season three of House Of Cards?
Never fear, Netflix has a new original drama to take over your life (or at least 13 hours of it). It's called Bloodline, and is a family-drama-meets-psychological-thriller with 'TV obsession' written all over it.

"It's a brilliant slow burner - episode three smacks you in the face," says Linda. The 39-year-old actress - who has a knack for landing roles in hit dramas, from Freaks And Geeks, to ER and Mad Men - plays Meg, the peace-keeping youngest sibling of the Rayburn family. When her black-sheep brother, Danny (Ben Mendelsohn, aka Jessa's dad in Girls), returns to their Florida Keys home, the family's long-buried secrets get an unwelcome airing. "It's all about how - even as an adult it's hard to escape your family and its history," says Linda. Created by the team behind legal thriller Damages, the show has the same tension-ratcheting, chop-andchange chronology. "It's a similar

vibe to *Damages* – it's dark, complex, layered."

Among Linda's Bloodline co-stars are Sissy Spacek, Chloë Sevigny and Friday Night Lights' Kyle Chandler – and she's not surprised the show attracted such big names. "TV is a having a real moment – it's where some of the best roles are. You can get to know a character, and inhabit a world for days and weeks, rather than just a couple of hours."

So, will *Bloodline* take its place next to *Orange Is The New Black* and *House Of Cards* in Netflix's cannon? "Seriously, you're going to want to watch the whole season in one go – take a day off for it."

All 13 episodes of *Bloodline* arrive on Netflix on March 20



from home for

monitor

COMEDY QUEENS

Our favourite funny ladies are bringing the LOLs to TV



Unbreakable Kimmy Schmidt

Tina Fey and her 30 Rock co-producer, Robert Carlock, are behind this new Netflix gem, so you know you're on to a winner. It tells the story of Kimmy (Ellie Kemper — who played the prim and proper one in Bridesmaids), a thirtysomething who escapes from an apocalyptic cult and moves to New York to restart her life. With a snort-inducing script from Tina — and the kind of one-liners you'll be quoting at work — it has 'hit' written all over it. Netflix, March 6



Raised By Wolves

After a successful pilot, Caitlin and Caroline Moran's sitcom — based on their experience growing up on a Wolverhampton council estate — is back for a full series on Channel 4. Which means we get to enjoy more hilarious teenage angst from Germaine (15 and horny) and Aretha (14 and angry) as they are home-schooled with their four younger siblings. Basically, it's a coming-of-age story with added vagina jokes. What's not to love? Channel 4, March ▶





It's time to look after your skin - from the outside in

e put our skin through some serious paces – sun and sea, dehydrating workouts, winter heating, the list is endless. So it's no wonder that so many of us suffer from dry skin. When we expose ourselves to harsh environments we cause the skin's natural moisture barrier to beak down, allowing water to escape. Cue dryness, redness and cracking – not ideal when we want to wear a new dress or pair of shorts.

The good news is that your skin is one of the easiest parts of your body to take care of, and it's all thanks to the new range of body lotions from Vaseline Intensive Care. With over 140 years of skincare expertise, they understand that healthy skin starts with deep healing moisture. The secret? Healing micro-droplets of Vaseline Petroleum Jelly which lock moisture in, soothing dry skin instantly and giving it major protection in the long run. So take control of your skin's health and spend those extra two minutes on you – your skin will thank you. All Vaseline Intensive Care lotions are available in 200ml (RRP £3.29*) and 400ml (RRP £5.39*) sizes. For more information, **visit vaseline.co.uk**

CHOOSE YOUR FAVOURITE



ADVANCED REPAIR

Fragrance free, this lotion has been clinically proven to heal dry skin in five days**. Slather it on for serious nourishment.

ESSENTIAL HEALING

Perfect for dry skin moisturisation, this version keeps skin restored for three weeks.**



Vascline Interested care (ICO) souther The care (ICO

ALOE SOOTHE

Aloe extracts help calm, hydrate and smooth the skin.



Harnessing the rich power of cocoa butter, this cream leaves skin glowing.





FILMS, MUSIC, BOOKS

GLAM READS

Yep, you just missed your stop

WEIGHTLESS

by Sarah Bannan

Imagine cult '80s high-school movie Heathers rewritten for the digital age. Set in a small Alabama town, Bannan's brilliant debut novel charts the arrival of beautiful, academic new girl Carolyn at a tightly knit school. She soon upsets the cheerleading clique and a tragedy ensues that engulfs the town. The sense of impending doom is almost unbearably tense — you won't breathe out until you've finished the final page.

HAUSFRAU

by Jill Alexander Essbaum

Thirtysomething American expat Anna seems to lead a charmed life: married to a Swiss banker, three gorgeous children, part of Zurich's wealthy community. And yet... she lives a dangerous double life. This slow-burning literary novel of marital disintegration will leave you in bits. It's a bleak, but beautiful read, with echoes of Tolstoy's *Anna Karenina*.

GIRL IN A BAND

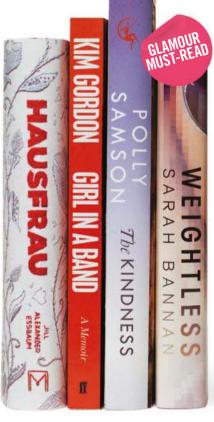
by Kim Gordon

They didn't have the success of their friends Nirvana, but Sonic Youth were huge on the early '90s US indie rock scene. For three decades Gordon played guitar, bass and sang, and was married to frontman Thurston Moore. Not only was she a girl in a band (a rarity), she was also a wife and mother in a band (even rarer). Oh, and a fashion muse and artist. Her memoir is a little rough around the edges, but offers access-all-areas insight — she's especially open about Moore's cheating, which spelled the end of their marriage, and thus the band.

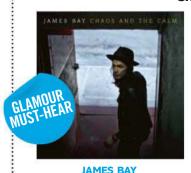
THE KINDNESS

by Polly Samson

Julian is thrilled when, in his twenties, he gets the opportunity to relocate from London to his bucolic childhood home, with his wife, Julia, and their baby daughter in tow. But family life proves far from idyllic in this poetic, sensual story of betrayal and lies. Writer and lyricist Samson's prose is dazzlingly evocative, as she explores how relationships are rarely what they seem.



Glamrocks Work your stereo



JAMES BAY

Chaos And The Calm

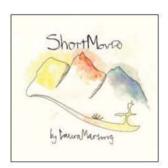
This much-hyped debut cements Bay as the deserving Brits Critics' Choice Award winner. From the rock'n'roll *Collide* to the stripped-back *Scars*, Bay's voice is soulful and uplifting. Fans of Tom Odell will love.



FIADOMNA

Rebel Heart

Madge is back. Bitch I'm Madonna, the dynamic and addictive duet with Nicki Minaj, is a clear chartstormer, and we're loving the Rihanna-esque reggae vibe of Unapologetic Bitch.



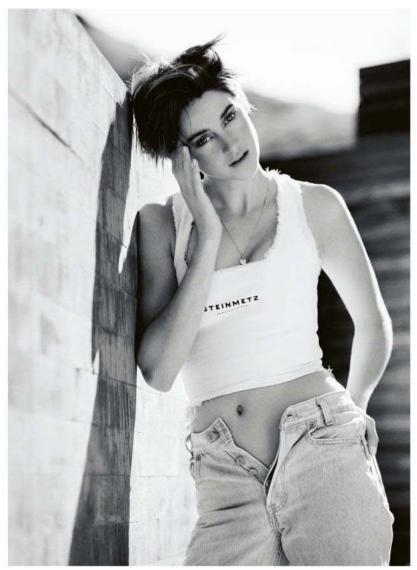
LAURA MARLING

Short Movie

The singer-songwriter's fifth album is a triumph – all captivating vocals and punchy lyrics. The quirky *Strange* and enchanting *Easy* are standout favourites.







Summer's looking HOT

With clashing colours, the new military & Shailene rocking vintage denim ▶

ROAD TRIP

IT'S TIME TO BREAK
THE RULES IN STRONG
COLOURS AND
CLASHING PRINTS





Cotton crochet top £35 Minkpink; suede shorts £35 rokit.co.uk; wood and leather platforms £1,830 Tom Ford; wrap (worn as choker) £4.17 per metre macculloch-wallis.co.uk; metal heart sunglasses £175 wildfoxcouture.co.uk; 18ct gold necklace £130 phoebecoleman.com; rings (left hand) 9ct yellow gold ring and 9ct yellow and white gold flower ring both from a selection zoeandmorgan.com; gold disc ring £230 Maria Black; (right hand) 9ct gold-plated ring £84 Rebekka Rebekka; 9ct yellow and white gold diamond ring from a selection zoeandmorgan.com



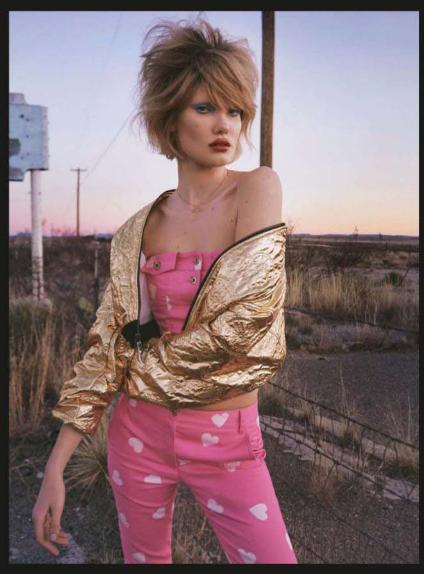
Leather jacket £2,360 prada.com; wool-knit bra £38 Paprika; vinyl skirt £295 uk.coach.com; cotton-mix scarf £90 uk.sandro-paris.com; 18ct gold necklace £130 phoebecoleman.com; rings (left hand) 9ct yellow gold ring and 9ct yellow and white gold flower ring both from a selection zoeandmorgan.com; gold disc ring £230 Maria Black; (right hand) 9ct gold-plated ring £84 Rebekka Rebekka; 9ct yellow and white gold diamond ring from a selection zoeandmorgan.com; silk socks £80 prada.com







Cotton shirt £626 Emanuel Ungaro



Cotton bomber jacket £495 dkny.com; cotton denim bandeau £503 and cotton denim jeans £410 both moschino.com; **18ct gold necklace** £130 phoebecoleman.com







Leather jacket £1,495 uk.coach.com; nylon bikini £185 uk.tommy.com; suede and wooden platforms £540 giuseppezanottidesign.com; 18ct gold necklace £130 phoebecoleman.com; suede wrap (worn as a choker) £4.17 per metre macculloch-wallis.co.uk; 9ct gold-plated ring £84 Rebekka Rebekka; 9ct yellow and white gold diamond ring from a selection zoeandmorgan.com



Cotton and latex top £230 and latex bib £98 both Helen Lawrence at openingceremony.us; 18ct gold necklace £130 phoebecoleman.com; rings (left hand) 9ct yellow gold ring and 9ct yellow and white gold flower ring both from a selection zoeandmorgan.com; gold disc ring £230 Maria Black; (right hand) 9ct gold-plated ring £84 Rebekka; 9ct yellow and white gold diamond ring from a selection zoeandmorgan.com

Hair: Mirka Fox using Bumble & bumble. Hair coloured by Andreas Kurkowitz. Make-up: Mark Edio at See Management using Three Cosmetics. Senior Fashion Assistant: Charlotte Lewis. Model: Yulia Terenti at Premier Model Management



BACK JO Jack







Cotton and polyester dress price on request Louis Vuitton



Silk bomber jacket approx £92 adidas. com; silk dress £295 Louise Alsop; leather and foam sneakers approx £66 adidas.com; leather socks £240 AF Vandevorst





Cotton-knit dress (worn as top) £946 Just Cavalli at harrods.com; cotton trousers approx £246 Henrik Vibskov; cotton leg warmers (worn as a shirt embellishment) price on request One Choi



Cotton-blend bomber jacket £450 Polo Ralph Lauren; fil coupé top price on request Erdem; fil coupé skirt £2,380 Dover Street Market



Leather coat
price on request
Dior; cotton sweatshirt
£226 Dominic Louis;
silk skirt £2,405
Roberto Cavalli;
leather sneakers
approx £284
adidas.com



Nylon cardigan £335 Emporio Armani; cotton sweatshirt price on request SJYP; nylon jumpsuit £675 Emporio Armani Cotton sweatshirt approx £195 and cotton skirt approx £526 both DKNY; chiffon dress (worn as underskirt) £2,825 Michael van der Ham; ponyhair and foam sneakers approx £175 DKNY; cotton socks £10 american apparel.co.uk



Stylist: Ye Young Kim Model: Antonia at IMG Models Hair: Thomas Dunkin at Bridge Artists Make-up: Sam Addington at Kramer+Kramer Fashion Assistants: Holly White and Kellyn Lappinga



Suede blouse price on request Chanel; linen-knit jumper £115 Woolrich; suede pants price on request Chanel; cowhide sandals £550 Sacai

FALLIN

...LOVE WITH SPRING'S MODERN MILITARY TREND

Photographs by **Pierre Bailly**Fashion Director **Natalie Hartley**











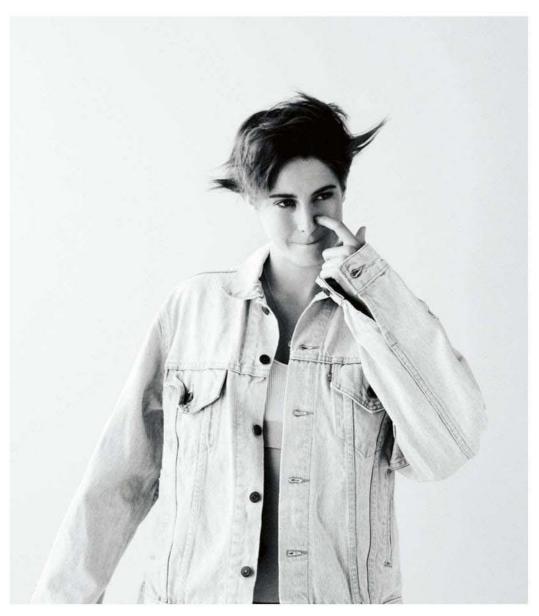


G GODDESS



The Graduate

She's gone from teen star to Hollywood's hottest property – and Shailene Woodley is doing it her way. By **Celia Walden** ▶



Photographs by **Simon Emmett** Fashion Director **Natalie Hartley**

wenty

wenty-six minutes in to my interview with Shailene Woodley, she and I find ourselves immersed in a heated discussion about feminine hygiene wipes. Don't ask me how this happened. Lord knows the couple nursing soy lattes on the table beside ours in the vegan LA café in which we meet are as taken aback by this as we are. But somehow, from a tangle of more traditional interview topics, our mutual bafflement at the aisles of rose-scented wipes and washes featured in every

"I fucking hate them," laughs the 23-year-old *Divergent* star. "My friend shot a music video called *Black As Night* and, in it, he had everyone stand in front of something they wanted to see gone – so I was in front of the feminine hygiene aisle in [US pharmacy] CVS. What they're saying is: 'Your pussy is dirty – clean yourself up.' Isn't that hilarious? The men behind these products must be so asexual if they think that a vagina is dirty. I mean, dude, those pheromones are important. Those pheromones are good!"

US chemist has sprung to the fore.

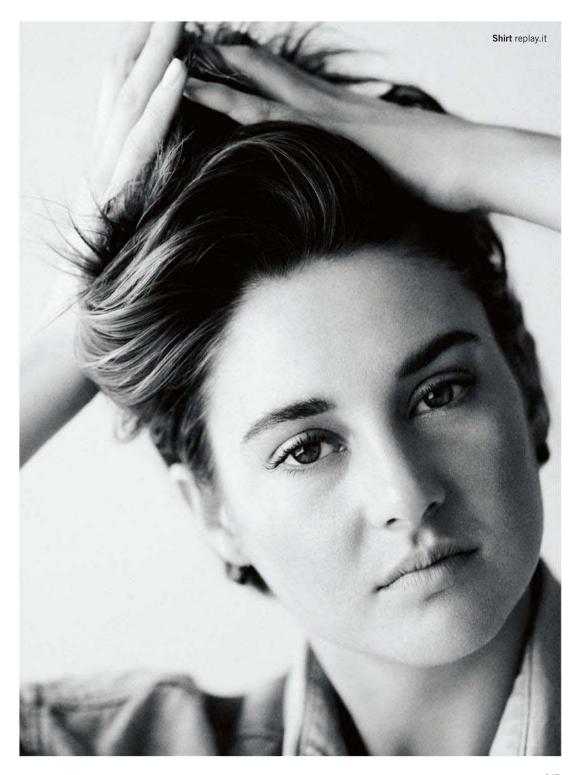
I can't think of a single other Hollywood actress who would embark so readily on such a tangent, and I almost wish there were a couple of stern-faced PRs in attendance, just so that I could watch their jaws hit the floor. But that's not Shailene's style. From the moment this Simi Valley-born tomboy broke through in 2011 film *The Descendants* (playing George Clooney's plucky teenage daughter), then cemented her position as one of the most talented, raw and naturalistic actresses in town with a poignant portrayal of a terminally ill teenager in last year's *The Fault In Our Stars*, it was clear that Shailene was going to set her own rules. With

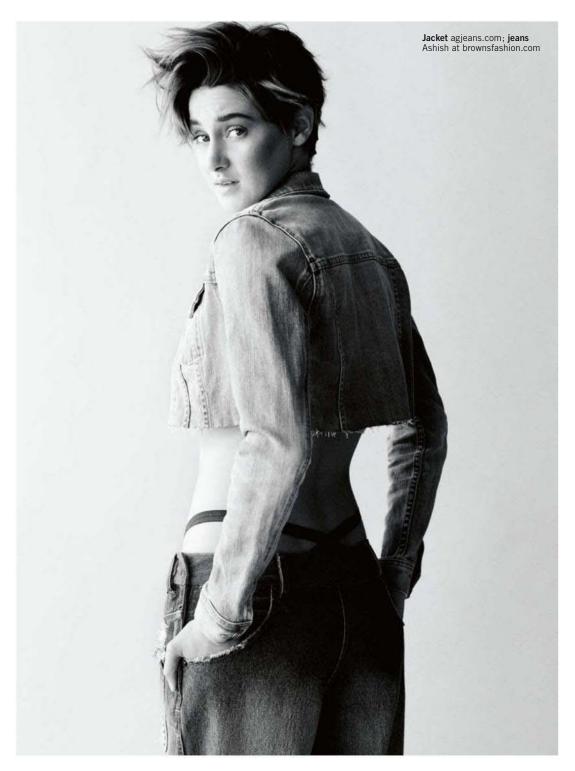
"You do you, and I'll do me" as her life mantra, she set about confounding expectations early on, braving red carpets without make-up and shunning the 'show pony' ideologies her industry so embraces. Today, Hollywood's great young hope is living in an Airbnb off Venice Beach with a wardrobe that extends to "four pairs of jeans", harbouring dreams of becoming an organic farmer once "the madness" has ended.

That's not likely to happen any time soon. It would be an understatement to say that 2014 was a pivotal year for Shailene's career. *The Fault In Our Stars* cut through a 'young adult' movie landscape populated almost exclusively by vampires, wizards and dystopian futures to become one of the breakout hits of the year, while *Divergent*'s more familiar dystopian territory was a success to the tune of \$280m worldwide. The second part of the series, *Insurgent*, is released this month (with the third

"Definitely after Divergent and The Fault In Our Stars, things were elevated to a whole new level of strangeness" part on the way), as is White Bird In A Blizzard, about a young woman whose life is thrown into free-fall after the mysterious disappearance of her mother. And with an as-yet-untitled Oliver Stone film about National Security Agency whistleblower Edward Snowden in the works, this is about as sane as things are going to get.

"After *The Descendants* came out, I did feel sort of self-conscious for a minute," she admits, open-faced and boyish in a white V-neck, shredded black Citizens of Humanity jeans and Converse trainers. "Definitely after *Divergent* and *The Fault In Our Stars*, things were elevated to a whole new level of strangeness. I've been acting since I was five, but for the first time in 13 years, people were saying, 'I can't wait to see what you do next.' So I had a few months where I thought, 'But I only want to do this for me' – before realising that I could still do ▶





◀ that. I definitely didn't feel any pressure to conform to anyone else's ideas of how I should behave."

ack then, if anyone did try to push Shailene into a Hollywood-starlet-shaped hole, she would tell them in no uncertain terms where to get off. "After *The Descendants*, somebody in the industry said to me, 'People are getting confused with your red-carpet persona and your roles in these movies, so you need to start dressing a little more cosmopolitan.' I looked at that person and said, 'More cosmopolitan? A, did you just actually use that word? And B, I have no fucking clue what you mean. Actually, I know what she meant. It was, 'We're trying to get an Oscar for this project, so why don't you start playing the

game and going to all the parties and wearing the designers?' But how do people have the energy to play that game, when there are so many other more interesting games to play?"

As it turned out, Shailene concedes, not playing the game was equally energy sapping.

"When I first started out, I looked at things in quite a radical way and thought, 'This is stupid. I'm

going to change it.' But you know, that's so time consuming, when all you really want to do is focus on the work. So these days, for example, if I'm feeling confident, I'll still go without make-up, but if I have ten zits," she laughs, "I'm definitely putting it on."

I tell her that when I once met George Clooney in the street in New York, he appeared to be wearing make-up. "Really?" she asks, narrowing her green eyes against the sunlight. "Because he doesn't wear make-up even in movies. In *The Descendants*, he had to have five o'clock shadow for this one scene and instead of sitting there and putting on make-up, he took a ballpoint pen and spent 20 minutes putting lots of

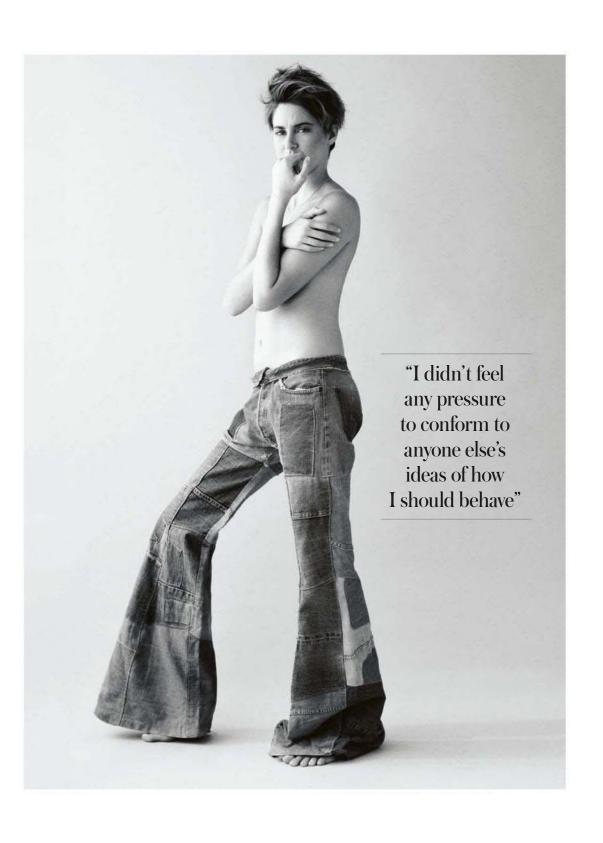
"I'm totally comfortable with nudity. If I'm going to do a movie where there are sex scenes, then I'm going to be naked"

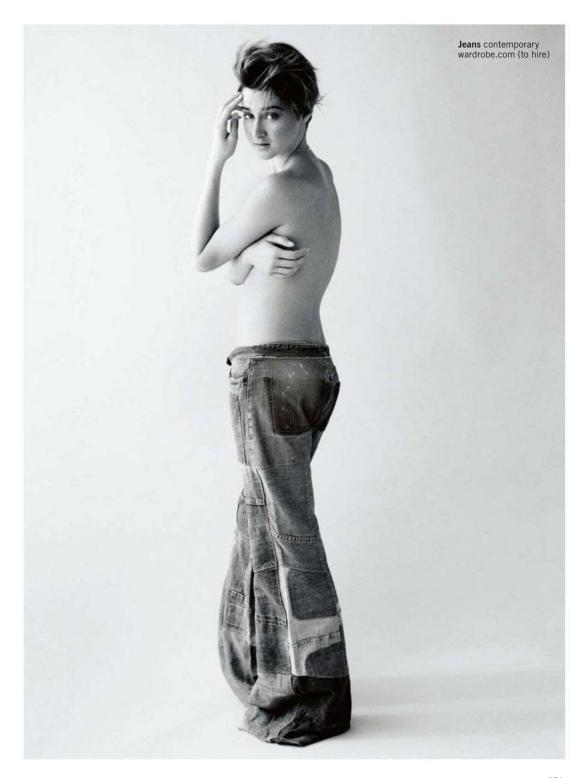
little dots along his jaw. But you know, it's funny," she says, returning to our previous theme. "Everyone gets a label in this business. Jennifer Lawrence is 'the uncensored girl from the South'. Emma Stone is 'the funny girl who can make anyone laugh and do anything' and I'm definitely 'the LA hippie'. But what I now get is that labels are simply a way for other people to understand us," she shrugs. "So for me to try and fight back against it..."

I've deliberately avoided mentioning Jennifer Lawrence – to whom Shailene has been exhaustively compared – until now, aware that comparisons are almost as irritating as labels, but she has always been relaxed about it, she insists. "And totally flattered, of course. But do you know that we've never actually met? Isn't that strange? When we finally do, we'll probably both just burst out laughing because I know that she gets asked about me all the time too."

Someone who has become not just a close friend, but a mentor, is

Kate Winslet, who plays "chief antagonist" to Shailene's Tris Prior in the Divergent trilogy. "When we started doing press for the first film, she sent me this beautiful email that said: 'Listen, I experienced this with Titanic. You're going to be in an ocean for a while and sometimes the waves are going to be really big and they're going to tumble you, and you're going to hit the bottom and think you're never going to fucking come up for air again. You're going to feel stranded and like you're drowning. Then, other times, the water will be calm and you're going to float along and be fine. But what you have to remember is that however bad it gets, it will last a month and then it will go away and you can get in your sailboat and escape.' The way she used that metaphor was so Continued on page 252





■ profound for me – it really did explain that whole experience. Kate's become like an older sister to me," she smiles. "I know she's got my back. I've got hers, too."

hailene and Kate are not dissimilar, in their attitudes to the industry and their occasionally 'un-safe' film choices. Certainly, Gregg Araki's White Bird In A Blizzard is the kind of independent film I could imagine the older actress doing at Shailene's age.

"Although it was dark, I liked the idea of your house looking great from the outside, when behind closed doors everything is running amok. I bet that's more common than we think. It was definitely the most risqué film I've ever done. Until now, all the films I've worked on have been more glossy. This one was the most stripped down." Quite literally, I point out, since she is semi-naked in scenes throughout.

"I'm totally comfortable with nudity," she says. "I'm not sure it empowers me as an actress or anything, but if I'm going to do a movie with sex scenes, then I'm going to be naked, because I don't know about you, but I don't have sex with bras and panties on."

Laughingly, she tells me about a French talk show she did to promote the movie a few months ago where, instead of choosing the most innocuous scene, "they chose a clip where I was topless. They would never, ever do that in the US," she says. "So there I am basically standing there topless in front of this live audience. I couldn't believe it!"

Shailene's attitude to sexuality is more European than that of her Hollywood counterparts, thanks to academic parents (her mother was a middle-school counsellor and her father a school principal) and the Anaïs Nin she devoured as a teenager: "Henry & June is my bible," she says of the 20th-century French eroticist. "Part of the reason I love Europe is that sexuality is no big deal there. You go to a topless beach and the dudes aren't checking out your tits, because they're just boobs."

Growing up in America, however, "Sex is something that's not talked about – yet it's in our faces more than anything else. In school, rather than teach you about sex, they tell you about abstinence, which doesn't work. Try telling that to a bunch of raging hormones! So it's all 'cover your chest' and 'cover your body'. Awful words are used about you if you're a woman expressing yourself sensually, yet you look in the media and it's all bikinis and open mouths. Even sex in films can be so disgusting to me, because the woman is always arching her back. Seriously, when was the last time that happened in

"Kate Winslet has become like an older sister to me. I know she's got my back. I've got hers, too" real life? Never. So it's all 'cover yourself up, but watch porn' in America."

On the subject of porn, is it true she turned down Fifty Shades Of Grey?
"I wasn't really interested," she sighs. "I'd already signed on for Divergent anyway.

Also, I'd read the book and thought, 'If somebody really can pull this off and make a movie out of it, they will be

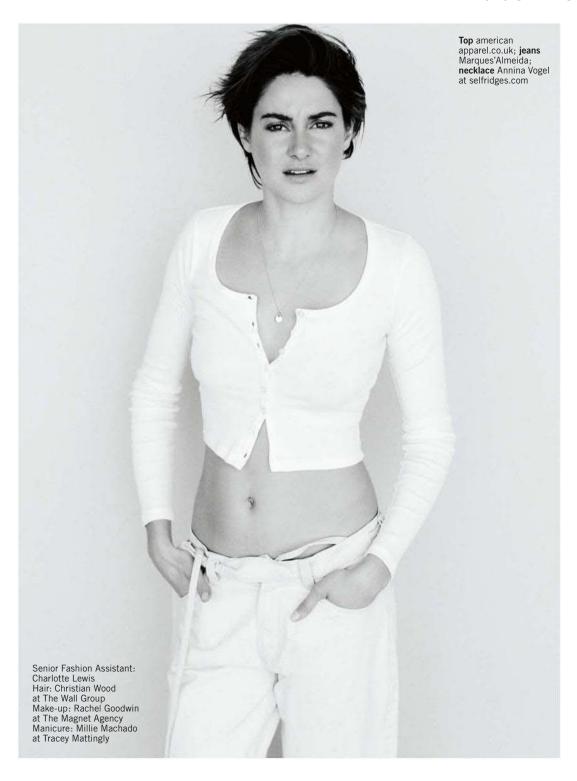
the biggest genius. Because how do you take a book that has treble orgasms in every other scene and turn it into a film that is accessible to the mainstream public?"

It's getting late and I'm aware that after a long day shooting GLAMOUR's cover, Shailene's probably anxious to get back to her Airbnb. "Want to hear something funny, dude?" she asks as I get the bill. "When I was young, my single aim was *never* to be on the cover of a magazine," she laughs. "Literally – that was a goal for me, because I never wanted it to be about that. But then you grow up..."

You do, I murmur reassuringly. And as far as failures go, this one has, at least, been spectacular.

White Bird In A Blizzard is in cinemas from March 6. Insurgent is released on March 20

G GODDESS



The greatest HALLANDER CIA CVEI

Superstylist Sam McKnight revisits the '70s – with a modern twist. By Alessandra Steinherr

he better someone is at their craft, the easier they make it look. And watching Sam McKnight mid-flow can only be described as effortless. For this story, the British hair maestro explored this season's '70s vibe, which has been a huge influence throughout his career. "Anything you are brought up with is imprinted in you," he says. "The '70s is when I got into hairdressing. From

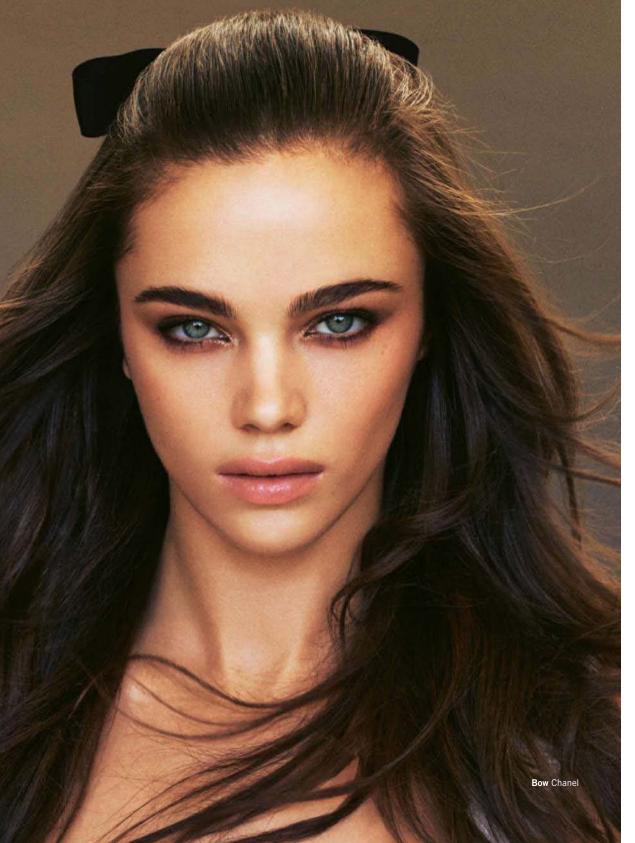
1977-1980, I worked alongside Kerry Warn at Molton Brown, which was the reference for hair at the time. I'd get sent to the odd shoot when he was busy and that was my introduction to photographic work." From mid-70s disco glamour to Biba and the raw, natural '70s, it was an era of extremes. "It somehow hasn't dated and it's a big thing again this season. Just look at Kate Moss, she is always hugely influenced by the '70s."

The ingénue

"I love this Ali MacGraw post-hippie, preppy look," says Sam. "You want it to look like there is little-to-no product in the hair." He used **Tecni Art Full Volume Mousse** £10.99 L'Oréal Professionnel to blow back hair and give it hold. Sam then pinned the top section with a black ribbon and sprayed **Re-Shaper** £16.50 Sebastian Professional on top to smooth down flyaways, then rubbed a teeny amount of **Touche Finale Supershine Finishing Serum** £19.50 Kérastase into ends to counteract dryness.

Beauty note Create a shimmery cat's eye with **Illusion D'Ombre Long Wear Luminous Eyeshadow in Emerveille** £25 Chanel. ▶

Photographs by Derek Kettela











Glam rock

"This is the look we did for Tom Ford this season. Tom wanted the models to look tough, a Warhol-esque '70s New York rock chick," says Sam. He used natural hair wigs both at the show and here. To get this dry texture, work **Superstar Queen For A Day Thickening Spray** £13.95 Tigi Bed Head through hair and roughen up sections with your fingers. **Beauty note** A rock chick needs dark, smouldering eyes – here we used **Noir Absolute For Eyes in Black** £26 Tom Ford.

Disco curls

"I love big '70s curly hair – it's a proper curl, rather than a wave – very Guy Bourdin," says Sam. Perfect for naturally curly hair, you want to smooth and define rather than weigh down your curls. "I prefer products that are water soluble. I don't tend to use oils, as it's hard to style the hair," says Sam. Beauty note Up the ante with a set of false lashes – Big Spender Lash £12 benefitcosmetics.co.uk are easy to use. ▶

Diaphanous waves

"My inspiration here was '70s Grace Coddington meets Rita Hayworth with a bit of a Donna Summer – it's a glamorous take on waves," says Sam. If you have wavy hair, let it dry naturally with the help of a diffuser, but don't scrunch it. If your hair is straight, braid it first to get movement in it. "The triangular shape comes from the flatness and side-parting on top and width on the side." Spray over the finished look with Tecni Art Crystal Gloss £10.49 L'Oréal Professionnel for ultra-dazzling shine.

Beauty note Blood-red nails add lashings of drama. Try Botanique Nail Lacquer in Pomegranate £11 Soigne. ©

Dress Ungaro; **earring** Delfina Delettrez; **hair slide** Chanel

Styled by Alessandra Steinherr Hair: Sam McKnight Make-up: Kelly Cornwell Manicure: Shreen Gayle All at Premier Hair And Make-up Model: Jena Goldsack at Models 1



NEW SEASON



There's a clear direction for spring/summer beauty – and it's all about having fun, says Sarah Jossel

"There was a distinctive buzz backstage this season," says Anthony Turner, L'Oréal Professionnel's hair styling ambassador. "Designers weren't afraid to ask for actual looks." The low-key Burberry girl suddenly sported a hot red lip; the ever-natural Stella tribe surprised us with crimped ponytails and the traditionally preppy Tommy Hilfiger crew transformed into festival girls. "We're seeing the return of beauty. Colour, lashes, lips – it's all coming back," says Terry Barber, director of make-up artistry at Mac.











GLAMOUR BEAUTY'S TOP

From left The beauty girls' personalised Range Rover for cruising to and from the shows; fashion fuel; at the exclusive Mac party; the beauty team (from left: Dominique Temple, Alessandra Steinherr, Sarah Jossel and Philippa Pearne) try out the red-lip trend











LFW HIGHLIGHTS









From left Alex is 'VALidated' by make-up artist Val Garland; Sarah and Dominique snap models backstage; Alessandra interviews Jourdan Dunn; with their all-important supplements to help stay healthy for Fashion Week ©

G DIRECTORY



• 14 LUNCH HOUR TREATS



Step away from your desk – and into one of these relaxing treatments, says Philippa Pearne

BRIGHTON

Gel Pedicure at The Lanes Health & Beauty, 5 Market Street BN1 1HH (01273 725 572; thelaneshealthandbeauty.com) For pretty toes in a flash Want the full works? Choose this speedy, long-lasting pedi. Your cuticles will be blitzed, nails filed, feet scrubbed and hydrated and finished off with your favourite gel polish. Usual price £40 for 45 minutes

CHICHESTER Head In The Clouds

at Champneys Day Spa, 60 East Street, West Sussex PO19 1HL (01243 819 010: champneys.com) For relieving stress Delete that busy morning from your mind and enjoy this shoulder, neck and head massage, which uses gorgeous-smelling massage oils and balms. Usual price £35 for 25 minutes

ESSEX

La Sultane Smoothing Salt Glow at Greenwoods Hotel & Spa, Stock Road, Stock, Ingatestone CM4 9BE (01277 829 990; greenwoodshotel.com) For feeling uplifted This full-body exfoliation using mineral salts in oil is the perfect way to get silky-soft skin – fast. You're also served a delicious smoothie from the juice bar afterwards. Usual price £28 for 20 minutes



HULL

Thalgo Rebalancing Back Treatment at Angels Beauty Lounge & Spa, 8 Souttergate, Hedon, Yorkshire HU12 8JS (01482 898 888: angelsbeautylounge.co.uk)

For total relaxation This includes a gorgeous massage, red algae-based full-body scrub, then a seaweed wrap applied to your back, aimed to treat problem skin. Usual price £35 for 45 minutes

LEEDS

PH Advantage Signature Facial at Beyond Medispa, Harvey Nichols, 107-111 Briggate LS1 6AZ (0113 204 8812; beyondmedispa.com)
For gorgeous-looking skin Try this deep-cleansing, exfoliating, pore-unclogging skin treat and go back to work feeling amazing. Red light therapy is also used to boost collagen and rejuvenate skin.

Usual price £110 for 60 minutes

LONDON

Contoured Leg and Body Tanning Treatment by James Harknett at Away Spa, W London, 10 Wardour Street W1D 6QF (020 7758 1071; jamesharknett.co.uk) For a flattering tan Using Tom Ford make-up brushes, James cleverly creates an elongated, tanned effect on legs and contours shoulders, arms and abs.

Usual price £50 for 30 minutes

Utterly Butt-erly at Karidis, 60 Grove End Road NW8 9NH (020 7432 8754; karidis.co.uk) For a toned bum This high-tech treat starts with radio frequency to warm and soften skin, then a light glycolic peel and massage to help even and smooth.

Usual price from £200 for 45 minutes

Mid Lights Lift at Headmasters, 12
Maddox Street, Mayfair W1S 1PG
(020 7499 7379; headmasters.com)
For a root touch-up Your colourist
quickly applies a bespoke toner,
then a special conditioner. The
perfect option when you're in
between highlight appointments.
Usual price £35 for up

Mini Glow Facial and Classic 30 Minute Manicure at Gina Conway Aveda Lifestyle Salon and Spa, 199 Kings Road SW3 5ED

to 60 minutes

(020 7352 1013; ginaconwaysalons.co.uk)
For a 2-in-1 pamper There's no need to take your eye make-up off for this soothing facial.
While your luxurious face mask sinks in, your nails are filed and finished with a pretty polish.
Usual price £46 for 45 minutes

Express Conditioning
Treatment at Myla And Davis,
65 North Cross Road, East
Dulwich SE22 9ET (020 8299
4742; mylaanddavis.co.uk)
For a new 'do This Bumble
& bumble treatment makes
hair super shiny and includes
a shiatsu head massage.
Usual price From £15
for 60 minutes

MANCHESTER

KeraStraight Intense Boost
Treatment at Trevor Sorbie,
19 Spring Gardens M2 1FB
(0161 839 2255; trevorsorbie.com)
For a sleek style Thanks
to a protein or moisture
treatment, this helps to
repair and rehydrate your
hair quickly, leaving it looking
shiny and feeling super-soft.
Then you'll finish with
a big and bouncy blow-dry.
Usual price £30 for 30 minutes

MILTON KEYNES

Lash & Brow Tint at Champneys Day Spa, Boots, Crown Walk, The Centre: MK, Buckinghamshire MK9 3AH (01908 239 883; champneys.com)
For instant prettiness You can't go wrong with a lunchtime tint.
This double whammy lasts for up to four weeks, so enjoy a break from the mascara and brow pencil.
Usual price £16 for 20 minutes

STAFFORDSHIRE

Elemis Exotic Body Scrub with Deep Tissue Massage at Moddersall Oaks Country Spa Retreat, Moddersall, Nr Stone ST15 8TG (01782 399 000; moddershalloaks.com)
For an hour of 'mmm' If you like a deep-tissue back, neck and shoulder massage, you'll love this muscle-relieving treat, which uses warming oils and a smoothing salt scrub.

Usual price £65 for 55 minutes

SURREY

Milk_Shake Colour Cocktail And Blow-dry at The Vault Hair And Spa, 36-38 The Parade, Claygate KT10 OPA (01372 462 220; thevaulthairandspa.com)
For brighter colour This semi-permanent colour enhancer mixed with an intensive conditioning mousse will make your hair shine. The shoulder and neck massage included is a (glorious) bonus.
Usual price £40 for 60 minutes

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always



HEALTH HANDBOOK



VAGINA?



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*Monthly rolling contract after a 3 month initial commitment.

HEALTH HANDBOOK

What is it about the word 'vagina' that reduces us to giggles – or squirms? With two thirds of British women too embarrassed to talk about their genitals and many of us having only a sketchy understanding of this important part of our anatomy, it's time to get to grips with the V-word. By **Gemma Askham**

If your vagina was a person, she'd be the friend request you ignore on Facebook. Because, while we pride ourselves on advancing our body knowledge, this thirst for information stops between our hipbone and inner thigh. The V-word is to health what the C-word is to sex: shocking, awkward, a no-no.

When cancer charity The Eve Appeal recently spoke to 1,000 women, 65% admitted that they had a problem just saying vagina or vulva. Nearly a third had been so embarrassed to say them to a doctor that they hadn't gone to their GP when they had a gynaecological problem. Instead, we mess around with words like 'down there' or, worse, 'front bottom'.

And it's not just a language problem. Dr Pixie McKenna, a GP on Channel 4's *Embarrassing Bodies*, sees a big knowledge shortfall, too. "We really aren't au fait with our own anatomy, especially the vulva – no one even knows where it is," she says. To recap: the vagina is the internal passage to the cervix and uterus, while the vulva covers everything external.

"Despite my job, I have only ever once had a girlfriend talk to me about her genitals – and that was under the steam of sauvignon blanc," she adds.

The root of our prudishness, according to gynaecologist Dr Elizabeth Stewart, author of *The V Book*, can be found in history. "Female genitals have been kept out of sight by myths, cultural taboos and a lack of medical interest," she says. "Even today,

there is no research journal devoted to the vagina and vulva," – something she believes fuels the 'don't talk about it, don't think about it' approach.

Increased openness can give us many things. Better sex, for one. Sexual research scientist Dr Debby Herbenick found that women who feel positive and understand more about their genitals find it easier to orgasm. And better health: one in five women skip smears – but that

one test can reduce the chance of cervical cancer developing by 75%, says Dr McKenna. Meanwhile, the hormones driving our reproductive system can affect everything from our mood and weight to the arrival of that pesky chin hair.

And it's hard to feel embarrassed going to your GP if you're aware that three in four women will have thrush at some point, 15% get cystitis every year, and up to 30% will suffer from bacterial vaginosis (a bacterial imbalance inside the vagina).

Health worries aside, being open will also help debunk the idea that there is one standard-issue vagina. "People don't realise how creative nature has been with women's genitals. They can be pink, red, brown, grey, black or slightly purple. They're usually not symmetrical. They can have ruffles. Inner labia often hang down lower than the outer labia. People have all sorts of individual aspects to their genitals," explains Dr Herbenick, who co-wrote Read My Lips: A Complete Guide To The Vagina And Vulva to prove this.

Her research also found that we're our own harshest critics. "Men generally feel positive about women's genitals, including how they look, smell, taste and feel," she says. Which means one powerful thing: "There is no need to compare the appearance of your genitals to any other woman's on the planet."

Instead of comparison, let's reunite the right C-words with the V-words – so that's confidence,

conversation and clarity. Here, we talk loudly and openly about a part of your anatomy that you may not have visualised since your first Tampax leaflet. But with one aim: to make you proud of your body, and happy to ask questions about it.

OMV!

Just the facts, ma'am

- The vagina is lined by the same covering as the inside of the mouth.
- The clitoris has 8,000 nerve endings double that of the penis.
- While the clitoris only appears to be pea-sized, beneath the surface there's a rubbery shaft that divides into two wishbone-shaped tissues.
- The left side of a woman's labia is often longer and larger than the right just like how a man's left testicle typically hangs lower than his right.
- One study showed that the width of a vagina's inner lips varies between 7mm and 5cm.
 - During birth and sex, your vagina can expand to around six inches long and five inches wide.
- The vagina doesn't go straight up. It's at a 30° angle, which is why it's easier to direct a tampon towards the back.



Sensational, warming relief.

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HEALTH HANDBOOK

YOUR V&V THE DOS AND DON'TS

"If your vagina or vulva suddenly feel different, seek medical advice," says Dr Vanessa Mackay, consultant gynaecologist at Glasgow's Southern General Hospital. Otherwise, these tips boost its day-to-day happiness. **DON'T**

DO BREAK THE CYSTITIS CURSE

According to the NHS, most women will suffer at some point from cystitis – the bladder inflammation that makes having a wee your worst nightmare. The short distance between a woman's anus and bladder makes us susceptible to transferring bacteria from one to the other. These help: pee when you have to go (no hanging on forever) and after sex, and always wipe front-to-back

DON'TEXPECT ROSES

OVERHEAT

then have some sympathy for your vulva.

which is WAY more delicate. Go easy on the

"The folds of your labia are like your

vulva has many sweat glands, and sweat produces odour," says vaginal secretions as smelling slightly like sour milk. A vagina that

I make casual reference

to my vagina, like it's a car or a chest of drawers." Lena Dunham

DON'T USE TOO MANY PERFUMED PRODUCTS

If you have sensitive skin, remember that the bubbles in bubble bath chemicals — only use a little per tub.

DO GO DOWN A TAMPON SIZE

DO TREAT

THRUSH

If you're run down, you'll be more

susceptible to this yeast overgrowth

that causes itching. A third of women

taking antibiotics get it because the good bacteria leaves with the bad. Don't neglect symptoms: you can buy treatment at pharmacies.

or visit your GP.

If a tampon is too absorbent for your flow, it will draw fluid out of the walls of your vagina instead - which is drying and irritating. "If a tampon isn't saturated after four hours, go down an absorbency level," says Dr Stewart. For the same reason, she advises against wearing a pantyliner every day.

DO EXERCISE YOUR PELVIC FLOOR

"It weakens as you grow older and exercises can improve sensitivity during sex. as well as reducing your chance of developing bladder weakness later on," says Dr Mackay, who suggests this: sitting down, squeeze the same muscles you would to stop urine flow (but keep your stomach muscles Think how dry the rest of your body's relaxed) ten-15 times.

DON'T OVERWASH

The vagina self-cleans, so never, ever wash inside your vagina as this any issues (bad bacteria, STIs) up past the cervix and into the uterus," says Dr Herbenick. Just wash around the outside, using water and a mild pH-neutral soap.

whenever you can.

check-up at your nearest STI clinic every time you swap sexual partners, especially since some sexually transmitted diseases can be symptom-free - such as chlamydia. the most common STI in the UK. To find available services, visit nhs.uk, click on 'services near you' then type in your postcode

Lady Gaga

DO GET TESTED

The NHS suggests you have a free

"Everybody wants me to show my vagina to the world. And the truth is, "I don't consider myself I don't have to."

beautiful or famous. but my vagina certainly is. Everyone knows this. I have the Angelina Jolie of vaginas." Amy Poehler



"We think the vagina is on

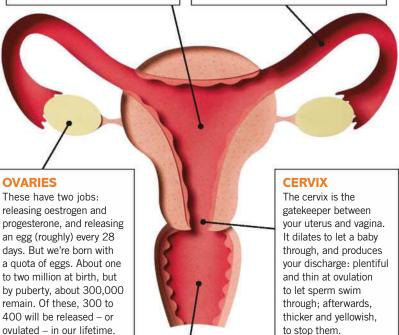
50% of women aged 26-35 can't correctly label the uterus, cervix and ovaries. We get it: school sex ed was a long time ago. Treat this cut-out-and-keep glossary as revision.

UTERUS/WOMB

Confusing fact: womb and uterus are two words for exactly the same thing. It's where a foetus grows, the uterus expanding from the size of a pear to a watermelon to let it do so. If a fertilised egg isn't implanted, the uterus lining is shed as your period, along with the egg.

FALLOPIAN TUBES

Inside these two, roughly 10cm-long tubes, tiny hairs and muscular contractions transport an egg from the ovaries to the uterus. The aim: to get fertilised en route. An egg can only survive for 24 hours in the Fallopian tubes, but sperm can wait it out for a week – so you can conceive even if sperm entered before the egg.



VAGINA

Put simply, the vagina is a passageway. It sees menstrual flow leave, a penis arrive, is a canal for birth – and, all the while, houses ten trillion good bacteria (lactobacilli) to create such an acidic environment that no

infection-causing bacteria come along for the ride.

VULVA

Outer lips (labia majora)

Act as a cushion during sex, and contain glands that secrete oils to 'waterproof' the vulva from bacteria, urine and menstrual blood.

Inner lips (labia minora)

Full of nerve endings and blood vessels, they plump with blood during sex – kind of like the penis.

Vestibule The area between your inner lips; the entrance to the vagina and the urethra are here.

Urethra A short tube that leads to your bladder.



LUST AND YOUR LAND DOWN UNDER

Ever wondered what happens behind the scenes when you're turned on? Here's what your body is busy doing...

• Relaxing. The vulva is chock-a-block with blood vessels. When your brain senses some action, the walls of the blood vessels relax, letting lots of blood in.

Lubricating. As blood flows to the vagina, fluid droplets move through its walls and glands release lubricating fluid. This wetness makes sex comfortable, and helps keep sperm alive.

② Expanding. The upper part of the vagina expands to accommodate the penis (called 'tenting'), and the lower part swells to grasp onto it. Due to the blood flow, the clitoris and inner lips can double in size.

◆ Contracting. Your orgasm is a contraction of the muscles around the vagina – which send impulses through nerves to your brain. After five to ten seconds, blood starts draining away.



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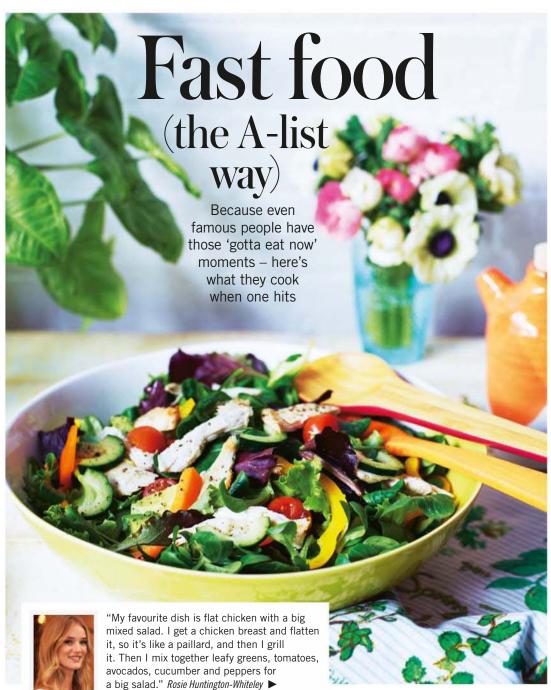


www.clearblue.com

Clearblue Digital Ovulation Test with Dual Hormone Indicator Identifies more opportunities than other ovulation tests. ¹In a study of 87 women, 4 or more fertile days were identified in 80% of cycles using actual cycle length. Read instructions before use. ©2014 SPD Swiss Precision Diagnostics GmbH. All rights reserved.



fastliving TRAVEL-LIFESTYLE-GADGETS-FOOD-INTERIORS-CARS







"I'm a baker, so my default setting is always to bake something. I'm not gluten-free or vegan, but

I do bake that way because it's more challenging, fun and really satisfying when I get it right. I made chocolate chip cookies for my little brother and he loved them, even though he didn't know they were a healthier version. I bake anything, from brownies, to muffins to cupcakes — it's my fun hobby, really." Lily Collins

"Pork, bean and sweet potato chilli with grated cheese, avocado and sour cream on the side. You can have it with brown rice or not. I do also slowcook it sometimes."

Davina McCall



"Well, my go-to is usually cheese on toast – but I do have it with truffle oil drizzled on top." Richard Madden





"If I want a quick meal, I'll cook some quinoa in vegetable stock. Then in another pan I'll use coconut oil to cook garlic and onions. When they're golden I'll throw in loads of veg like peppers, broccoli, carrots and some kale towards the end of cooking. Finally I add some pumpkin seeds and a dash of tamari sauce and scatter over the quinoa. Sometimes I'll poach an egg or add goat's cheese. It's healthy and filling, but only takes 20 minutes." Fearne Cotton

fastliving



"My perfect fast, comfort food is coconut curry. I just get my rice on and boiling then prepare my

vegetables – whatever I have in the house – onion, green beans, peppers usually and then I add some spice like cumin, chilli, coriander seeds. Then I'll fry in some chicken or fish before adding coconut milk and letting it all boil down before serving it over the rice. It's delicious." Shailene Woodley

"I always have some sachets of good quality miso at home. I simply add hot water, a boiled egg, shredded cabbage, carrot, mushrooms, leftover roast chicken... basically whatever I find in my fridge. Most importantly, some homemade pickled chillies

- I love a little kick."

Rachel Khoo



"My easy go-to meal is raw courgette salad with grilled garlic prawns. It's just grated courgette, lemon juice, grated

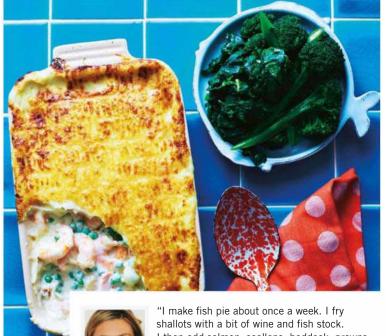
red onion and chopped coriander, then I grill some prawns with chopped garlic and a little avocado oil." Fleur De Force, vlogger and author



"My creamy butternut squash soup is so delicious, nutritious and quick. You peel and chop 350g of butternut squash, roast it at 175°C for about 20 minutes until soft then put it in the blender with 1.5tsp vegetable Bouillon powder, 250ml boiling water, a generous pinch of pink Himalayan salt and 1/stsp cumin. Blitz until smooth

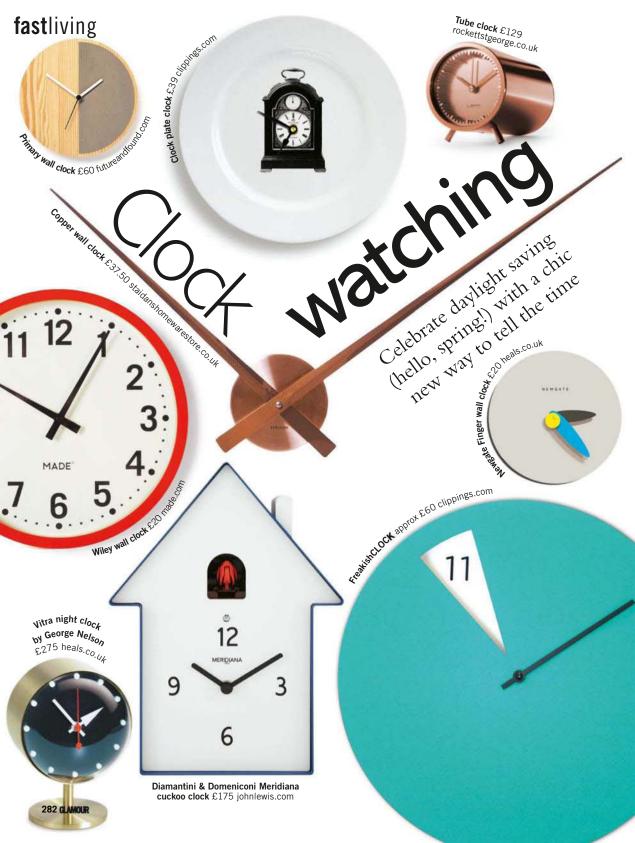
and enjoy." Natasha Corrett

honestlyhealthyfood.com



"I make fish pie about once a week. I fry shallots with a bit of wine and fish stock. I then add salmon, scallops, haddock, prawns, double cream and peas. In another dish, I boil potatoes in butter and cream. Next, I pour the fish mix into a casserole dish and spread the mash on top. (I love making fun patterns

in the mash with a fork.) To finish, I put egg and grated cheese on top before it goes in the oven. Broccoli and spinach are my go-to sides." Abbey Clancy





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e all want a healthy, glowing complexion - but with the enormous range of products out there, it's easy to get confused and send it down the priorities list. So it's time we got back to basics with the completely natural range of skincare products from award-winning British brand Balance Me. Using innovative, naturally active botanicals (read: green is good!), hi-tech natural formulations and pure-grade essential oils means your skin will be refreshed, moisturised and, more importantly, balanced.

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THE GLAMOUR LIST

II things we do when no one's AROUND (not just *that*)

Comedian Luisa Omielan 'fesses up



Twerk naked in front of the mirror.

Have conversations with our imaginary boyfriend and then laugh because we are just so adorable – and he knows it.

Pretend we're texting in public when we're actually trying to take a selfie.

Try to master the perfect eyeliner flick or blue eyeshadow trend, even though we're not going out. But then it all gets a bit clowny, so we give up, use about ten face wipes to take it off... and go to bed.

Tweeze random hairs from our chin mole.

Throw something in the bin, then change our mind, get it out – and eat it.

Stalk an ex's new girl on Instagram and accidentally like a photo of her from 2012. #WHOOPS

Listen – and have a good cry – to a Mariah, Adele or Whitney power ballad, then belt out our own version.

Text, Tweet or update our status while on the loo.

Make a foam beard in a bubble bath.

Waste an entire afternoon watching back-to-back episodes of *The Real Housewives Of Atlanta, Miami, New York* and *Orange County.* But obviously never admit it.

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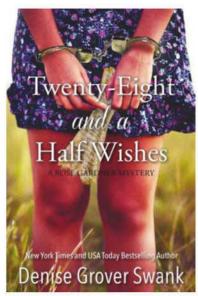
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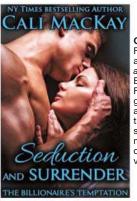
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The Style Report...





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MANFREDONIA

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The Style Report... Continued



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All About The Boy

1. If your man has decided to embrace the gentleman within and grow a beard, yet he likes to keep a close eye on his appearance then he needs PERCY NOBLEMAN. Percy typifies an English gent, waking early and preparing himself for the day ahead. His beard grooming products are now part of a daily routine for thousands of men globally. They are using Percy's perfectly tailored products to help tame the wildest of beards while also helping to treat the dreaded beard itch! For more information on the Amazon bestselling range including beard oil, moustache wax, wash and balms, head to www.percynobleman.com Also check out Percy's new online comic series based on his grooming tips!

2. LA GENT. Fresh, spicy, and woody, a classic manly scent for your Dude No.1. Hand Poured in Brooklyn by boutique fragrance house MCMC.





4. BIKEPARKAS are well-designed, high quality, reliable bicycle covers that keep bikes snug, dry and clean. They allow cyclists to store their bicycle indoors or out, knowing it will be protected against the elements and hidden safely from view. Visit www.bikeparka.co.uk or call 020 3286 0495 for any further details.

Yummy Mummies & Trendy Tots...



1. "Sassy and Fun outfits for Boys and Girls". SASSY LOCKS offers a large selection of personalised outfits ranging from newborn take home outfits up to age 5, there is something for everyone! Visit www.sassylocks.com

Visit LUCKYPALMTREE for this beautiful organic elephant ruffle bodysuit and much more, made in the USA! Visit

www.luckypalmtree.com

3. iCANDY are thrilled to present their inaugural bag collection from ex-Mulberry designer, Janet Collin. Ensuring fashion savvy, stylish parents can be sophisticated on the go whilst carrying all a child's necessities, the collection will consist of 14 functional versions of fashion favourites

from leather totes, satchels and travel bags. The stunning bag collection is priced between £80 and £27. Visit www.iCandyworld.com

4. MIMOSA KIDS is a new UK brand offering stylish quality clothes for children. Fabrics are carefully selected offering a combination of elegance, classical look and modern look to each unique style. Garments are "Made in Spain". Visit their online shop at www.mimosakids.com which includes international shipping.

5. FREYA LILLIE. An alternative to the high street, providing unique, chic and utterly adorable baby clothing, skincare and gifts. Bringing together ranges from the UK and across the globe including organic clothing and skincare. When quality and design is a

must. Visit www.freya-lillie.com or email info@freya-lillie.com 6. CHLOE & TATUM. For the love of all things luxurious and lovely, meet Chloe & Tatum, a luxury brand that delivers high quality, high fashion pieces to only the most fashionable girls ages 2–8. Luxe Fashion For Your Little Lady. Shop Chloe & Tatum online now at www.shopchloetatum.com (Photography: Dyan Kethley Photography).

7. MYBABYEDIT is a new, independent website offering handpicked clothes and accessories for little ones from 0–24 months. Comfort, good quality and exclusive offerings are key–you will love their mix of great basics, and exciting trends. Visit www.mybabyedit.com or email info@mybabyedit.com 8. LITTLEHIPSTAR. With a name like littlehipstar, what else can you expect other than a hand-picked selection of only the hippest and the best? Discover a carefully curated collection of baby clothes, shoes, accessories, toys, and books from the world's most standout brands – all showcased in an easy-to-use, beautifully designed online shop that will keep you coming back time and again. Visit www.littlehipstar.com

9. BOWS FOR YOUR BELLAS is a small boutique with handcrafted fun and fashionable hair bows for babies and girls all around. They use fun themed hair ribbon so that each girl can pick something out to match their personality and style. They ship worldwide and can be reached at www.bowsforyourbellas.com and by phone

+1 516-587-1584.









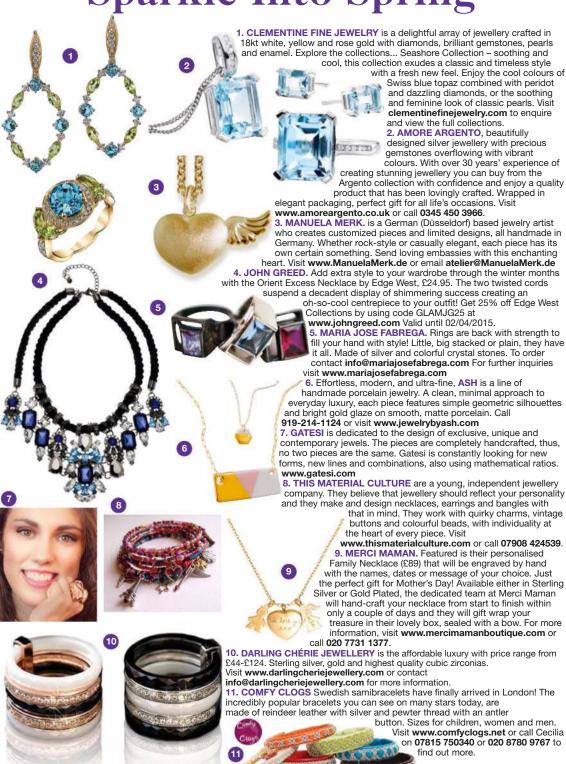








Sparkle Into Spring



12. Triangular Quartz Rings are ARIMAS JEWELRY BOX's signature handcrafted jewellery. Featuring beautifully organic shaped blue quartz resting on triangular textured shapes truly add a touch of glam to any ensemble. The bands are made adjustable and available in custom sizes per request. Enter code GLAMOUR at checkout to receive 10% off your entire purchase and free gift packaging (expires 30/4/2015). Visit www.

ArimasJewelryBox.com
13. KATAOKA JEWELLERY is skilfully handcrafted in Japan by 20 year-experience designer and goldsmith Yoshinobu Kataoka. Produced in limited quantities on a made to order basis, the jewellery offers a luxurious, delicate, and organic design with a Japanese sense of beauty. Visit www.kataoka-jewelry.com
14. CHINCHARMALONEY is a family owned company that

designs traditional and



15. TEZER DESIGN. Sparkle, sparkle. Stunning set of necklace and earrings in Sterling Silver Rose Gold plated with Cubic Zirconias. For more information go to **www.tezer-design.de**

16. CEYDA ÜÇYİĞIT. A Central Saint Martins graduate, Ceyda Üçyiğit was the winner of the Boodles Award 2013 for the most inventive collection without losing commercial potential. Ceyda was also selected as a finalist for the Swarovski Runway Rocks Show 2013 Shanghai, for her impressive use of raw materials mixed with Swarovski Elements. Visit www.ceyda-u.com or contact c.ucyigit@hotmail.com









1. FREEGO is the new gluten free online supermarket. They've travelled the world finding great tasting gluten free food. Breads from the USA, pastas from Italy, noodles from China and more. Give yourself a gluten free boost. Use GLAMOUR to get £10 off your first £25 shop at Freego.com (offer valid until 31st March 2015).

2. The GYMSHARK Women's collection is inspired by the determination and ambition of the women who wear it. Their signature body sculpting support and design will make you the envy of your gym. The latest collection means looking great, whatever your workout, will be the last thing you need to think about about. Visit www.gymshark.com and use GLAMOUR15 at the checkout for an exclusive reader discount until 2nd April 2015!

3. Just like you, at NUTRIENTWISE they all love their tea. With a myriad of hot drinks to choose from today, it can seem almost impossible to choose where your next brew is coming from, that's why TeaGuru bring together the finest quality, organic natural ingredients to make the perfect blend! Visit www.nutrientwise.com to view the complete range.

4.THE LIVING FOOD KITCHEN brings Nature's goodness into your home. Using the finest natural and organic ingredients their range of raw, vegan products includes almond drinks, raw dips, desserts and buckwheat granolas. Visit their new website **www.thelivingfoodkitchen.com** to place an order or email them at **info@thelivingfoodkitchen.com** for more information.

















SLENDERTOXTEAY



5. WE ARE TEA is all about the whole-leaf. This London-based tea business travels far and wide to source the finest hand-picked tea leaves. Selected for quality and flavour they handle their whole-leaf teas very gently to retain the essential oils that gives their tea its delicious complex flavour and increased health benefits. With 41 Great Taste Awards and over 40 beautiful whole-leaf teas and infusions to choose from in loose leaf or biodegradable tea bag format, why not explore their range by visiting www.wearetea.com/shop Claim 20% off your orders during March with promo code GLAMOUR20.

6. When you're on the go, you deserve something amazing to nourish your body and delight your taste buds. That's why the team at **ELEPHANT FOOD** created three lovingly blended snack mixes, bursting with flavour and 100% natural ingredients including Goji Berries, Blueberries, Cacao Nibs, Bee Pollen, Buckwheat & Quinoa. Their superfood products contain copper which contributes to the normal function of the immune system, manganese which contributes to normal energy-yielding metabolism and vitamin C which contributes to the reduction of tiredness and fatigue. Organic and Raw where possible, Low GI, Gluten free and vegetarian, this range of superfood mega mixes aims to provide your body with real goodness. Elephant Food is versatile enough to be used on-the-go, or as a tasty pre or post workout snack. Include these Superfood Snacks in your daily diet-Eat and feel mighty! Available from Holland and Barrett, Planet Organic, Booths Supermarket, selected WHSmith stores and can be bought directly from **www.elephantsuperfood.com** 7. **YOUR TEA**. Time to thank your body? TinyTeatox is designed for exactly that. Pleasing your body from the inside out. Deliciously good for you, TinyTea is blended by qualified Chinese medicine practitioners. Laxative free – Visit **www.yourtea.com** to find out more and buy today. Fast shipping with Royal Mail.

8. SLENDERTOXTEA TEATOX. Time to reward your body? With their purely natural organic teatox there are many benefits from drinking, the Slendertoxtea teatox is available in 14 day to 3 month packs from www.slendertoxtea.com. Use promo code: GLAMOUR20 for 20% discount until 31/03/15.



Hey Gorgeous!

1. The team at BRIT-ROCKS are dedicated to providing the very best quality, remy human hair for those of you looking for a gorgeous new style! Thanks to their easy clip in design, the hair is perfect for extension newbies, as well as the included guide, the team are also on hand 24/7 to provide additional support. They offer

unique Ombre shades and you are also able to custom make your extensions, creating mermaid like hair in minutes! For first class customer service, check out the company which has the hair extension industry buzzing! Email info@brit-rocks.com or visit www.brit-rocks.com

2. NATASHA DENONA'S BODY GLOW is an ultimate oil-free, non-sticky and water resistant body fluid, giving a healthy and radiant glow. Quick-drying, touch proof. Comes in 3 neutral shades: light, medium, dark. The dark shade may be used for a sun tanned bronzing effect. Available only at:

www.natashadenona.com



1-800-366-2053.

9. Rosa Canina Body Butter By ZUZKA **NATURAL BEAUTY.** Lusciously rich, made from organic cocoa butter. Provides moisture for even the driest skin. Non greasy and easily absorbed, with the sensual, feminine aroma of Zuzka's exclusive Rosa Canina natural fragrance. Gentle for all skin types, especially sensitive. Order online

at www.zuzkanaturalbeauty.co.uk

10. GEISHA WIGS is a UK based wig company specialising in magically colourful lolita, cosplay and everyday wigs! Whether you're into cute and colourful bobs, the latest ombre style or long, luscious curls, Geisha Wigs brings you all of these at a low price and with minimal fuss (superstar hair without the salon appointment!) not to mention zero damage to your own locks! Visit www.geishawigs.co.uk Instagram - geishawigs Facebook facebook.com/geishawigsuk

11.LAUREN BROOKE COSMETIQUES new Luminous Face Highlighters give your face a beautifully radiant glow while bathing your skin in luxurious ingredients like Morrocan Argan & Rosehip Oils. Created with 100% natural pigments blended into a 97% Certified Organic botanical base

Visit www.laurenbrookecosmetiques.com



www.skullsugarcosmetics.co.uk



Hey Gorgeous! Continued



Vitabiotics Perfectil Plus Nails

Perfectil Plus Nails contains selenium which contributes to the maintenance of normal nails. Perfectil Plus Nails includes vitamin C which contributes to normal collagen formation for the normal function of the skin and biotin which contributes to the maintenance of normal hair. It also doubles up as a daily multivitamin supplement, so there's no need for an additional supplement and can be used for as long as required.

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www.perfectil.com

GLAM Glamour Gap Guide



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Education



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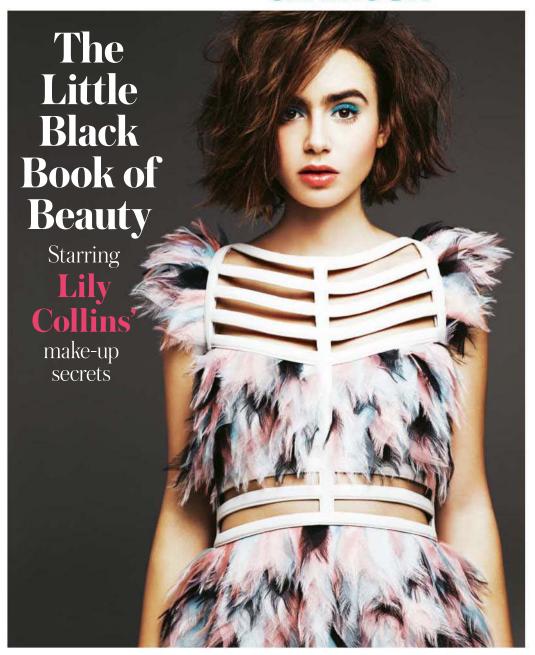
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ON SALE APRIL 2

DOS&DON'TS

The stars are going sheer – but it's not always genius...





















By Laura Johnson. Photographs: Rex Features, Feature Flash, Xposure, Matrix Pictures

Jo's Journal

The behind-the-scenes - and near-death experiences - of a magazine editor



latest couture show, it made me admire his incredible talent

even more. The self-trained former menswear designer is really killing

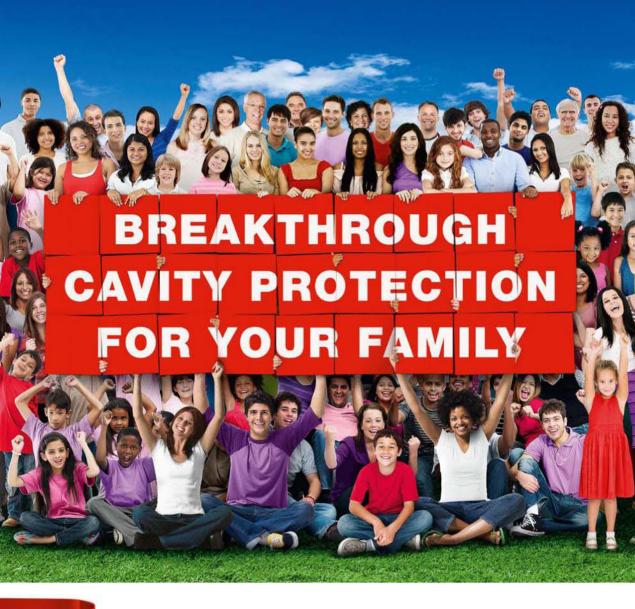
it and setting the agenda for the way we all dress at the moment.

A stylish way to do something amazing

One of the many things I admire about Sarah Brown is her campaigning for women and children in poverty-stricken areas around the world. And now she has enlisted Astley Clarke to help raise funds for her charity, Theirworld, in a very chic way. Each bracelet sale raises money for the #UpForSchool campaign, which aims to help every child in the world go to school. See astlevclarke.com for more info.



GLAMOUR fielded a team for what has become the biggest night for the magazine industry, Gav Aid. It's a showbiz quiz and all proceeds go to Pancreatic Cancer Action, in memory of the magazine editor Gavin Reeve-Daniels, who sadly died from the disease last year. We didn't win, but we only missed the top score by a few points. And I think we beat Cosmo. *thumbs* As the answers were things like Frankie Cocozza, I'm not sure how proud we should be. But I'm determined for us to win it next year. See @Gav Aid for details of this fantastic charity.



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